

# NIOS lesson adaptation project

by  **Embrace** Volunteers  
The power within you!

(A community initiative of Harchan Foundation Trust)

## CHAPTER -9

### CARE AND MAINTENANCE OF FABRIC

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

# *Care and Maintenance of Fabric*

# KWL Chart

What does the child know (before lesson)	What does the child want to know	What has the child learnt (after lesson)
	Details about washing	
	Classification of Stains and techniques of stain removal.	
	Details about laundering	
	Tips for ironing clothes in a systematic manner	

## Meanings

Perspiration	Sweat
Vigorously	With great effort/with all one's might
Odours	Smell/stink/fragrance
Stains	Coloured patch or dirty mark that is difficult to remove.
Unpleasant	Causing discomfort/unhappiness
Conserve	Protect something from harm or destruction
Salvages	The rescue of property or material from potential loss or destruction.
Hygiene	Cleanliness

## Meanings

**Per/ma/nent**

**unremovable**

**Ap/pro/pri/ate**

**suitable**

**Ab/sorb/ent**

**Sponge-like**

**Im/mersed**

**Dip, sink**

**Pre/cau/tious**

**careful**

## KEY WORDS

Fabric

Airing

Mending

Detergent

Brushing

Sorting

Stain

Laundering

Label

Dirt

Storing

Garment

Clothes

Washing

Precaution

shaking

Dry-cleaning

## Different processes of washing clothes

### Washing



Means removing dirt using soap/detergent and water.



Colourfast fabrics can be easily washed.

### Dry-cleaning



Means removing dirt using grease, absorbents and solvents.

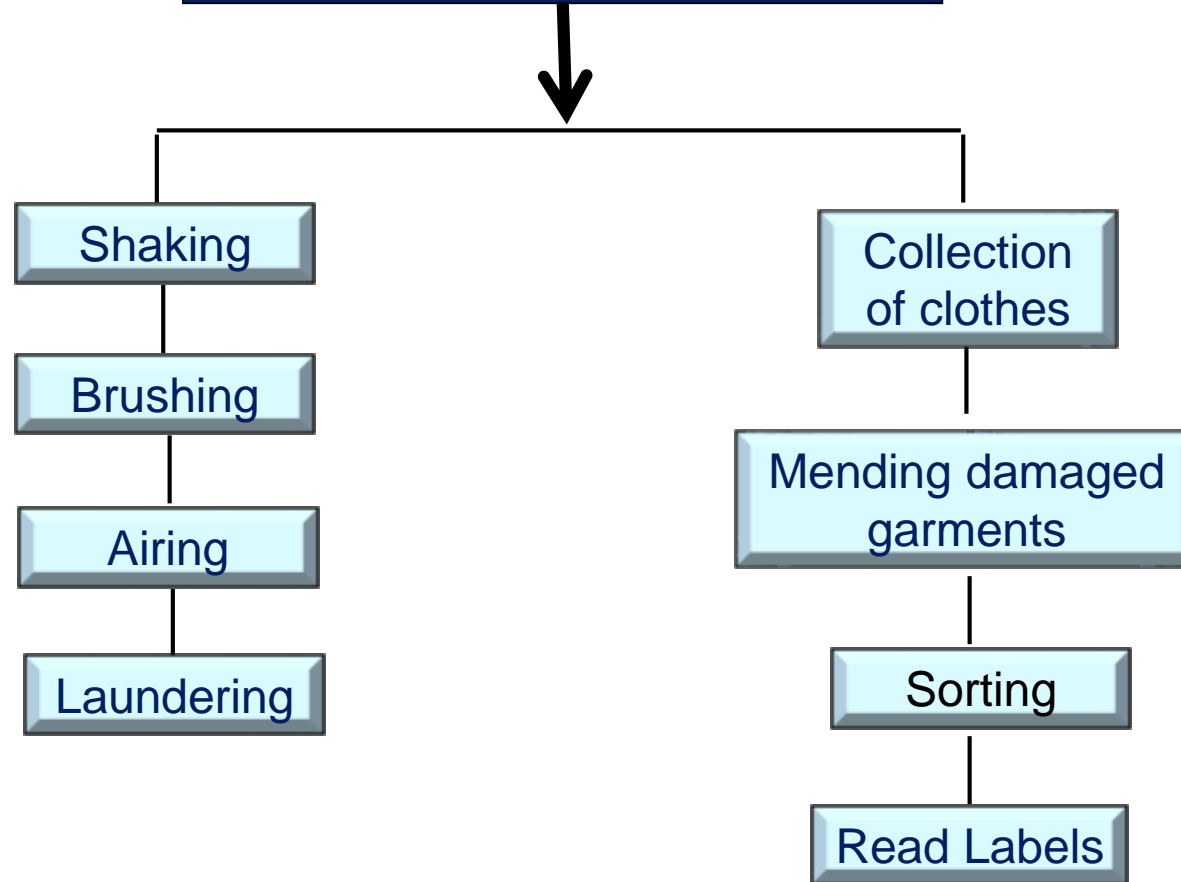


Leather and fur, selected silks and woolens, zari and other costly fabrics are dry cleaned.





# Maintenance of fabrics



# Why do we do

## Shaking



Removes dirt  
collected

## Airing



❖ Removes dirt and odour

❖ Hang it in sun

❖ In a well-ventilated room

## Brushing



Removes dust from thick clothes  
like coats and suits

# Steps for laundering

Collection of clothes



Mending damaged garments

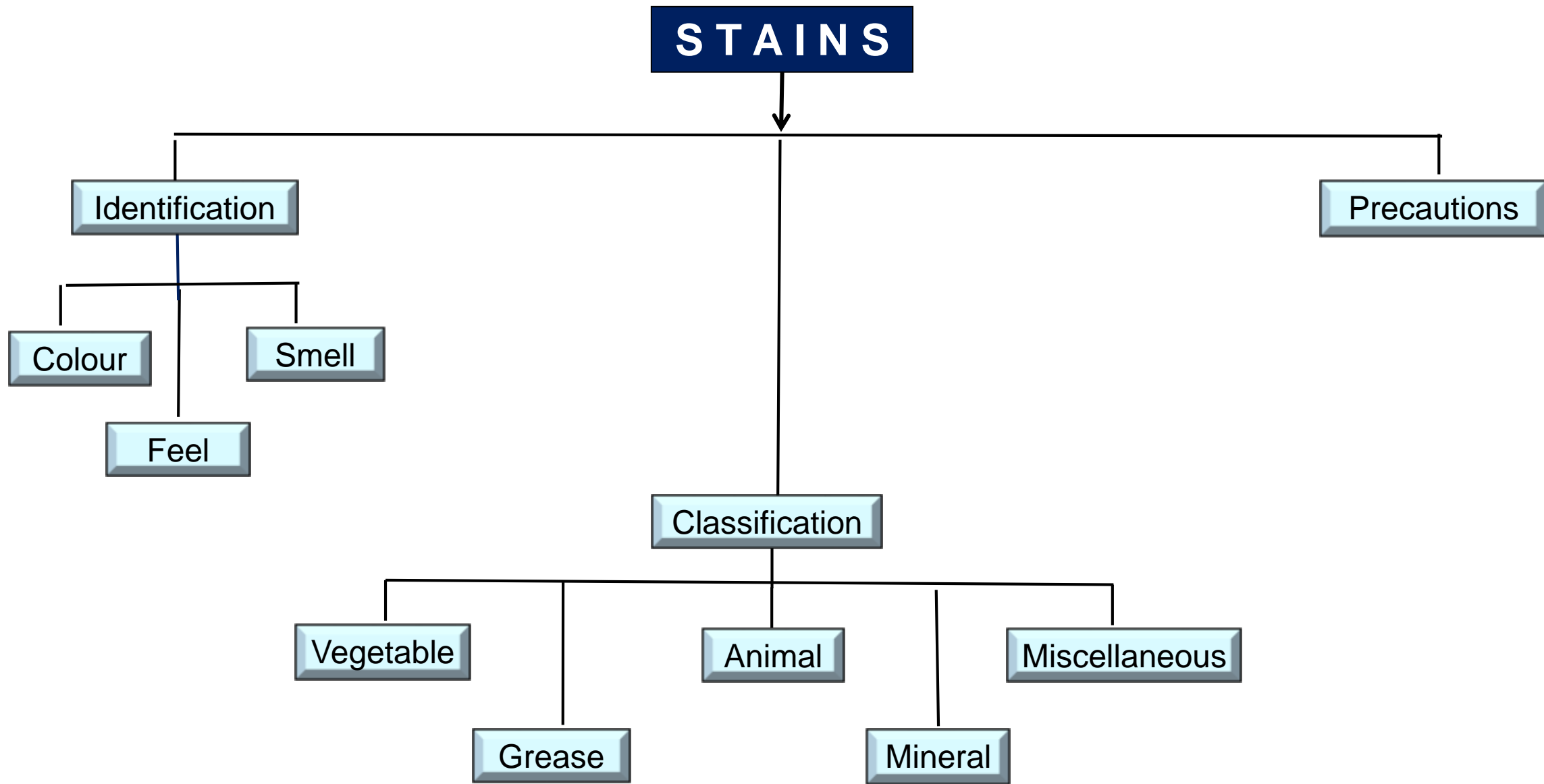


Sorting

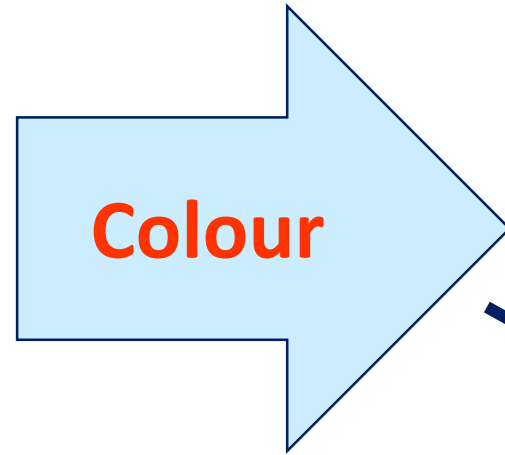


Reading of label





**Identify  
stains by:-**



Pickle

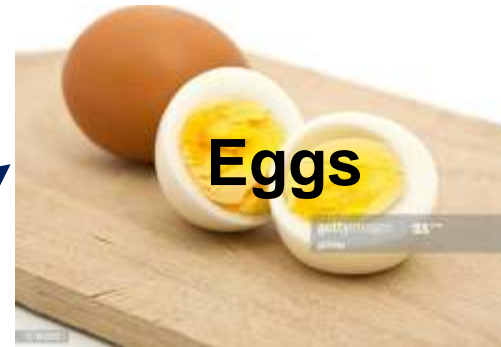


Coffee



**Identify stains by:-**

**Smell**



**Eggs**



**Paint**



**Identify  
stains by:-**

**Feel**



Paint



Make light  
fabric  
harder and  
stiff



Nail Polish

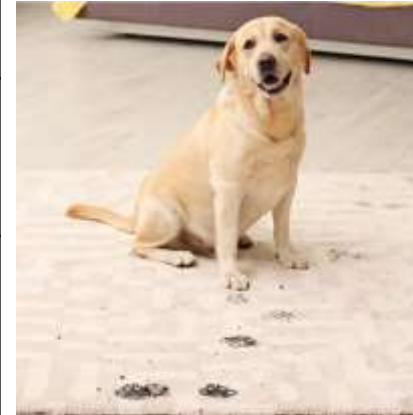


Lipstick

Make the  
fabric  
slippery

# Classification of stains and techniques of stain removal

Category of stains	Stains	Methods of stain removal
Vegetable stain	Tea/Coffee, chocolate, fruit	Boiling water, Borax
	Henna (Mehndi)	Dip in warm milk
Animal stain	Blood, milk, egg	Cold water + soap
Grease Stain	Oil, ghee, butter, curry	Hot water + soap Dry on grass in sun
	Shoe polish, paint, lipstick	Scrape, sponge with spirit/ kerosene/turpentine





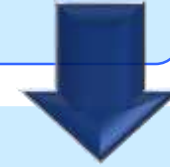
# Classification of stains and techniques of stain removal

Category of stains	Stains	Methods of stain removal
Mineral stain	Rust	Lime juice + salt
Miscellaneous Stain	Grass, ink	Soap + water
	Betel leaf (paan)	Paste of onions, Leave it in sunlight



# Precautions while removing stains

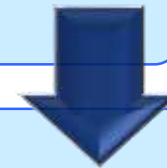
Remove the stain when it is still fresh



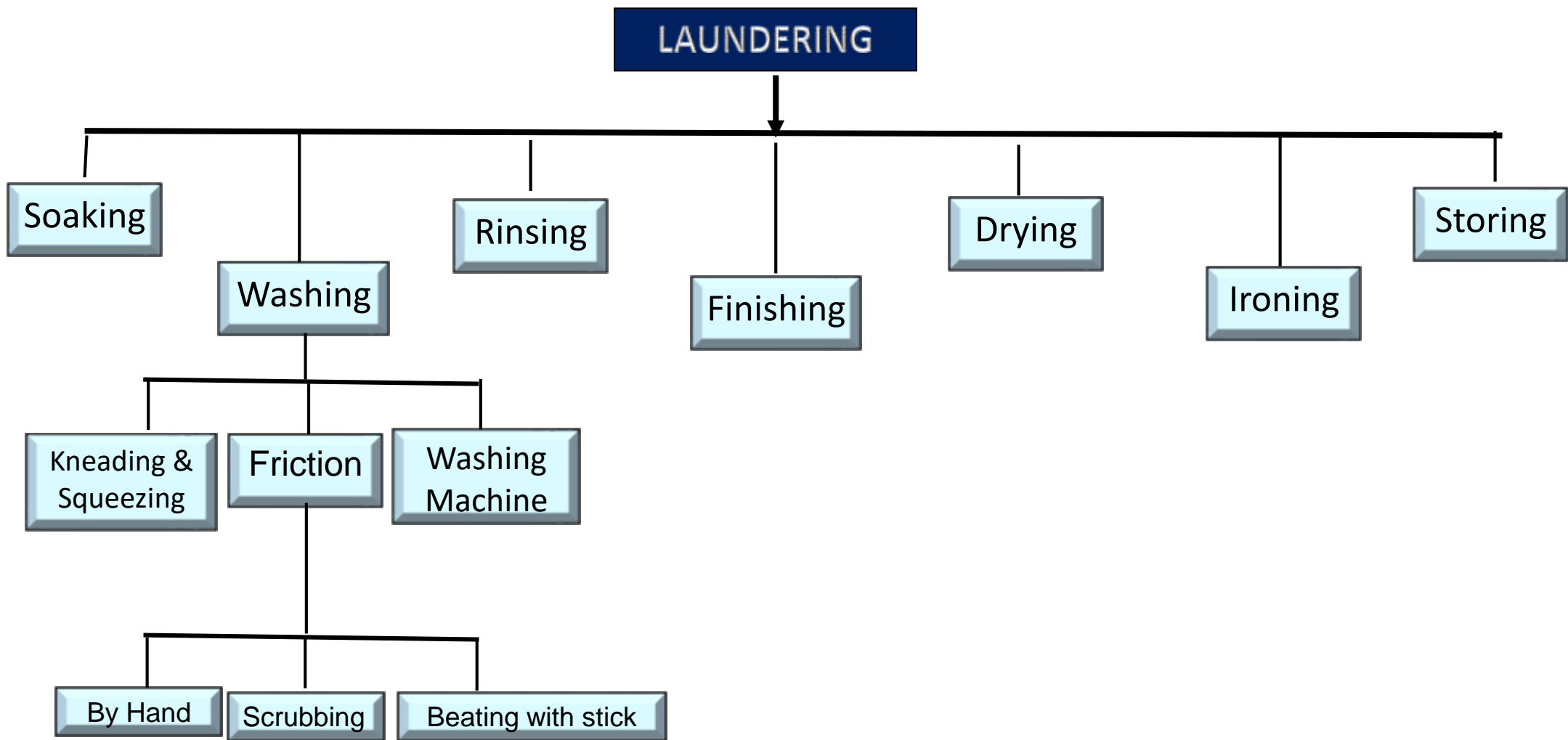
For delicate or coloured fabrics, do the chemical test on the inner side of the fabric, and check for damage.



Use dilute and mild reagents.



Rinse thoroughly after removal of the stain



# LAUNDERING



➤ Loosens the non-greasy dust particles.



➤ Do not soak many clothes in one bucket. Give room for the dust to loosen.



➤ Do not soak for more than half an hour.

## SOAKING



➤ Avoid soaking weak fabric for long time.

# Washing : Methods of Washing

## i) Friction Method: for strong fabrics like cotton and linen

### ➤ Hand Friction

- Rub dirty areas vigorously.
- Suitable for cleaning cuffs, collar and bottom of lower garments, handkerchief and lace



### ➤ Scrubbing brush

- For cleaning kitchen dusters, etc.
- Hard scrubbing can wear out the fabric. So be careful



### ➤ Beating stick

- For clothes like bed sheets and towels.
- Apply soap on fabric and beat it with stick.





# Washing : Methods of Washing

## ii) Washing by kneading and squeezing:



- ❖ For delicate fabric like silk, wool, rayon, etc.,
- ❖ Gentle pressure is applied repeatedly.
- ❖ To avoid damaging the fabric or change its shape.

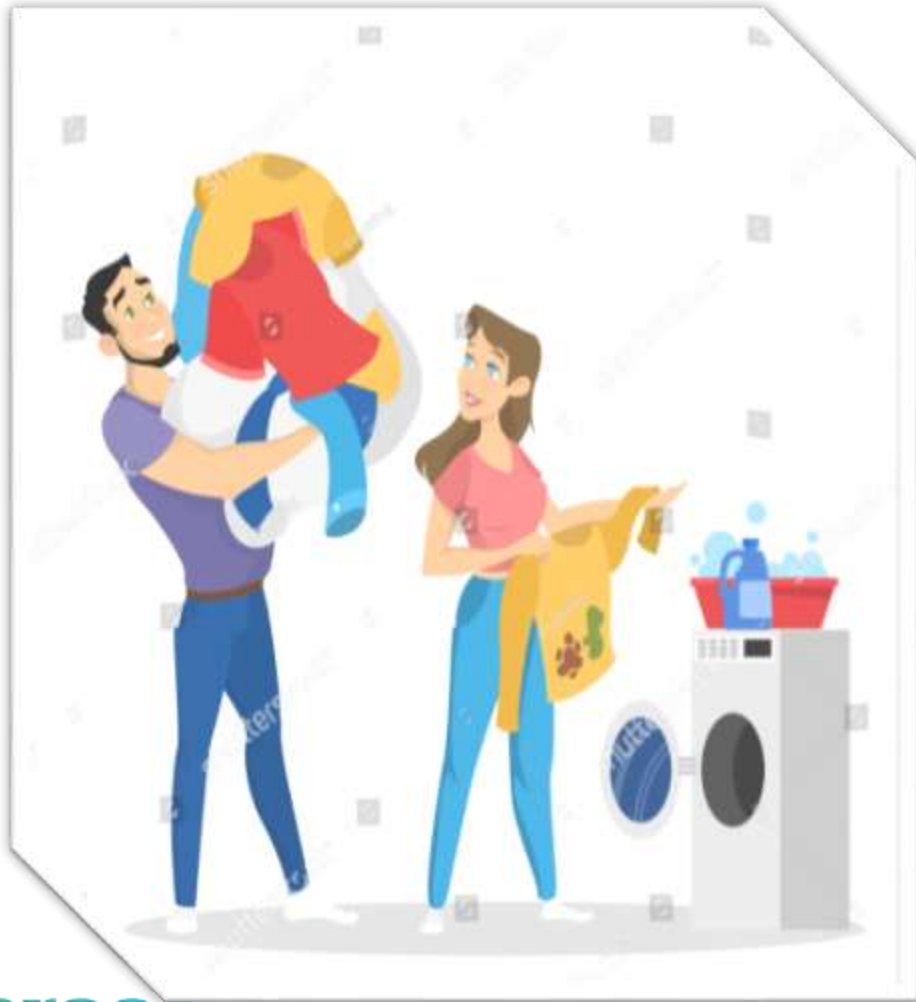
## iii) Rinsing

- Rinse 3 – 4 times till water is clear.
- Remove the contents of the detergent



# Washing : Methods of Washing

## iii) Washing in machines:



It is a labour saving device .

Colour clothes bleed so take care while loading.

Fully automatic machines can wring the clothes almost dry!

Very useful for large and heavy clothes like bedcovers, curtains.

# Methods of washing

## Finishing agents

- Used before spreading the clothes for drying.
- Helps to brighten and stiffen clothes.



Blue



Starch



Gum-arabic

## Drying

- Dry it outside in fresh air and sun
- Colour clothes dry it in shade upside down.
- Use clothes line and pegs or a clean stain-free metal rack.



Clothes line and pegs



Metal rack



# Methods of Washing

## Ironing or steam pressing and folding

- This process is done on clothes to give them a smooth look
- An electric or coal iron is used for this job.



Electric iron



Coal iron

## Storing

- Only completely dry clothes should be stored in a cupboard or box.
- Moist clothes allow fungus and bacteria to grow on them.

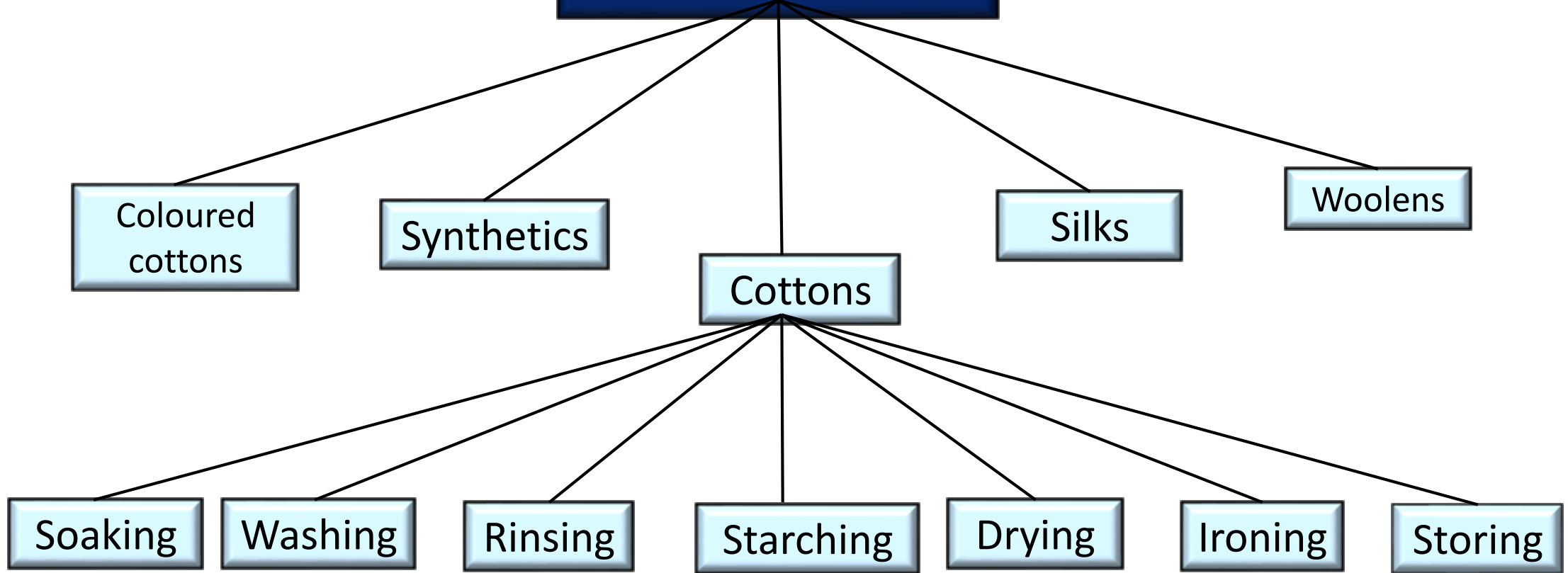


cupboard



box

# LAUNDERING OF SPECIFIC FABRICS



## Laundering of Specific Fabrics

Steps	White cotton	Coloured cottons	Synthetic fibre
Soaking	½ hour in warm water	No	No
Washing	Any soap, Kneading and squeezing	Mild neutral soap	Cold water, good soap, light rubbing
Rinsing	Whitening agent in last rinse	No whitening agent	No squeezing
Starching	In last rinse	In last rinse	Not required
Drying	In sun	In shade	On hanger
Ironing	Hot iron	Hot iron	Warm iron
Storing	Completely dry	Completely dry	Completely dry

## Laundering of Specific Fabrics

Steps	Silk Fibre	Wool Fibre
Soaking	No	No Take outline of the garment
Washing	Cold water, good soap, light rubbing	Luke warm water, neutral soap, light rubbing
Rinsing	In cold water	In warm water
Starching	Gum arabic	Not done
Drying	In shade	On flat outline paper
Ironing	Warm Iron	Steam iron
Storing	Completely dry	Completely dry

# List of Volunteers

## Embrace-NIOS lesson adaptation project

(A community initiative of Harchan Foundation Trust)

**Mentors ( Volunteers ) :** Banu Arjun, Hema Bhatia, Indumathi , Kalpana Sankar, Priya Balasubramanian, Renu Goyal, Sowmya Srikumar, Viraja.

### Special educator/Parent Volunteers:

Beverly Sujit ,Chantelle Saldana, Gayathri,Haritha Meda,Jaishree Muralidharan, Madhushree Bhat, Meenakshi, Nisha Narayanan, Pavithra, S. Arjun , Savita Sharma Bhardwaj, Sathyabhama Naryanan, Selvarani, Shakkeela Narikkoottungal, Shweta Taneja, Sucharitha Karthik, Suja Varghese, Sunitha R , Rohitesh Sharma , Tinu Anna Sam.

"volunteers don't necessarily have the time, they just have the **HEART**."

~ elizabeth andrew

**Thank You**  
**Volunteers.**

# URL of pictures used in this presentation

Slide No.	U R L
9	<p><b>Shaking</b> – <a href="https://www.fitnesshealthzone.com/wp-content/uploads/2014/06/turn-your-household-chores-into-exercises.jpg">https://www.fitnesshealthzone.com/wp-content/uploads/2014/06/turn-your-household-chores-into-exercises.jpg</a></p> <p><b>Airing</b> -- <a href="https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSCg_mch9wSg-HYChqftNpXlp9qvv6fXvf8Vw&amp;usqp=CAU">https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSCg_mch9wSg-HYChqftNpXlp9qvv6fXvf8Vw&amp;usqp=CAU</a></p> <p><b>Brushing</b> – <a href="https://thumbs.dreamstime.com/b/young-woman-removing-dust-jacket-young-woman-removing-dust-jacket-lint-roller-dry-cleaner-s-114956892.jpg">https://thumbs.dreamstime.com/b/young-woman-removing-dust-jacket-young-woman-removing-dust-jacket-lint-roller-dry-cleaner-s-114956892.jpg</a></p>
10	<p><b>Collection of clothes:</b> <a href="https://img.thrfun.com/img/164/998/laundry_basket_x1.jpg">https://img.thrfun.com/img/164/998/laundry_basket_x1.jpg</a> and <a href="https://www.mychhotashop.com/wp-content/uploads/2017/09/Areal-Color-Detergent-Powder.jpg">https://www.mychhotashop.com/wp-content/uploads/2017/09/Areal-Color-Detergent-Powder.jpg</a></p> <p><b>Mending:</b> <a href="https://c8.alamy.com/comp/JBE9J2/sock-darning-JBE9J2.jpg">https://c8.alamy.com/comp/JBE9J2/sock-darning-JBE9J2.jpg</a></p> <p><b>Sorting:</b> <a href="https://c8.alamy.com/comp/JBE9J2/sock-darning-JBE9J2.jpg">https://c8.alamy.com/comp/JBE9J2/sock-darning-JBE9J2.jpg</a></p> <p><b>Reading of label:</b> <a href="https://www.lltlabels.com/image?filename=Textile_Care_Tag.jpg&amp;width=340&amp;height=0">https://www.lltlabels.com/image?filename=Textile_Care_Tag.jpg&amp;width=340&amp;height=0</a></p>
12	<p><b>Pickle :</b> <a href="https://tradila-uploads-staging.oss-ap-south-1.aliyuncs.com/uploads/products/1000_1000/Rakesh-Mixed-Pickle-Jar-1kg-5e983d09547b7.jpg">https://tradila-uploads-staging.oss-ap-south-1.aliyuncs.com/uploads/products/1000_1000/Rakesh-Mixed-Pickle-Jar-1kg-5e983d09547b7.jpg</a></p> <p><b>Coffee :</b> <a href="https://gallery.yopriceville.com/Free-Clipart-Pictures/Coffee-PNG/Coffee_Clip_Art_PNG_Image#.X7URUOXiuUk">https://gallery.yopriceville.com/Free-Clipart-Pictures/Coffee-PNG/Coffee_Clip_Art_PNG_Image#.X7URUOXiuUk</a></p> <p><b>Splash – Yellow:</b> <a href="https://zaplabeler.com/\$449_Zap_Labeler_Labeling_Machine_files/th.jpg">https://zaplabeler.com/\$449_Zap_Labeler_Labeling_Machine_files/th.jpg</a></p> <p><b>Brown:</b> <a href="https://banner2.cleanpng.com/20180330/ilq/kisspng-coffee-clip-art-splatter-5abe4196871215.0479775115224180705533.jpg">https://banner2.cleanpng.com/20180330/ilq/kisspng-coffee-clip-art-splatter-5abe4196871215.0479775115224180705533.jpg</a></p>

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14	<b>Feel – Paint:</b> <a href="https://3.imimg.com/data3/BG/BW/MY-2572990/varnish-paint-250x250.jpg">https://3.imimg.com/data3/BG/BW/MY-2572990/varnish-paint-250x250.jpg</a> <b>Sugar:</b> <a href="https://i10.dainikbhaskar.com/thumbnails/730x548/web2images/www.dailybhaskar.com/2015/06/03/17_1433330733.jpg">https://i10.dainikbhaskar.com/thumbnails/730x548/web2images/www.dailybhaskar.com/2015/06/03/17_1433330733.jpg</a> <b>Lipstick:</b> <a href="https://i.pinimg.com/736x/1d/a1/86/1da186627e8bf67f4e2b06eb4b804a3a.jpg">https://i.pinimg.com/736x/1d/a1/86/1da186627e8bf67f4e2b06eb4b804a3a.jpg</a> <b>Nail polish:</b> <a href="https://allkleencarpets.com/wp-content/uploads/2015/04/Untitled-design-2-300x225.jpg">https://allkleencarpets.com/wp-content/uploads/2015/04/Untitled-design-2-300x225.jpg</a>
15	<b>Vegetable stain:</b> <a href="https://i.pinimg.com/originals/be/38/70/be3870dca1882bfa75be0539404ffd8b.jpg">https://i.pinimg.com/originals/be/38/70/be3870dca1882bfa75be0539404ffd8b.jpg</a> <b>Animal stains:</b> <a href="https://i.pinimg.com/originals/e2/5d/31/e25d31e994c73a1fdb44797e5e0a26a4.png">https://i.pinimg.com/originals/e2/5d/31/e25d31e994c73a1fdb44797e5e0a26a4.png</a> <b>Grease Stains – Butter,ghee:</b> <a href="https://i.insider.com/5bb270420114550f3969ff54?width=600&amp;format=jpeg&amp;auto=webp">https://i.insider.com/5bb270420114550f3969ff54?width=600&amp;format=jpeg&amp;auto=webp</a> <b>Nail polish:</b> <a href="https://allkleencarpets.com/wp-content/uploads/2015/04/Untitled-design-2-300x225.jpg">https://allkleencarpets.com/wp-content/uploads/2015/04/Untitled-design-2-300x225.jpg</a>



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16	<p><b>Mineral stains- Sweater:</b> <a href="https://cdn.shopify.com/s/files/1/0245/7167/4688/files/main_efd93867-2041-4686-bb0a-8ff34a9d6697_large.jpg?v=1568270149">https://cdn.shopify.com/s/files/1/0245/7167/4688/files/main_efd93867-2041-4686-bb0a-8ff34a9d6697_large.jpg?v=1568270149</a></p> <p><b>Miscellaneous stain (ink):</b> <a href="https://redhanger.com/wp-content/uploads/2018/02/Depositphotos_183642996_m-2015.jpg">https://redhanger.com/wp-content/uploads/2018/02/Depositphotos_183642996_m-2015.jpg</a></p> <p><b>Shirt Stain (betel leaf):</b> <a href="https://redhanger.com/wp-content/uploads/2018/02/Depositphotos_183642996_m-2015.jpg">https://redhanger.com/wp-content/uploads/2018/02/Depositphotos_183642996_m-2015.jpg</a></p> <p><b>Sunlight clothes:</b> <a href="https://mcvt-comet-37.fra1.cdn.digitaloceanspaces.com/previews/35825/thumb_35825.jpg">https://mcvt-comet-37.fra1.cdn.digitaloceanspaces.com/previews/35825/thumb_35825.jpg</a></p> <p><b>Lime &amp; salt:</b> <a href="https://i.pinimg.com/originals/a8/35/e9/a835e900a631e17e66d6b6d723390442.jpg">https://i.pinimg.com/originals/a8/35/e9/a835e900a631e17e66d6b6d723390442.jpg</a></p> <p><b>Wash with soap:</b> <a href="https://thumbs.dreamstime.com/z/old-fashioned-washing-trough-filled-water-vintage-washboard-soap-wash-laundry-very-old-old-fashioned-158885576.jpg">https://thumbs.dreamstime.com/z/old-fashioned-washing-trough-filled-water-vintage-washboard-soap-wash-laundry-very-old-old-fashioned-158885576.jpg</a></p> <p><b>Onion paste:</b> <a href="https://thumbs.dreamstime.com/b/onion-paste-puree-smashed-pyaj-selective-focus-sauce-white-black-ceramic-bowl-raw-cut-onions-over-background-107524604.jpg">https://thumbs.dreamstime.com/b/onion-paste-puree-smashed-pyaj-selective-focus-sauce-white-black-ceramic-bowl-raw-cut-onions-over-background-107524604.jpg</a></p>



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19	<b>LAUNDERING – Soaking</b> <b>Bucket:</b> <a href="https://image.shutterstock.com/image-photo/soaking-things-bright-green-bowl-260nw-262743347.jpg">https://image.shutterstock.com/image-photo/soaking-things-bright-green-bowl-260nw-262743347.jpg</a> <b>Digital Clock:</b> <a href="https://thumbs.dreamstime.com/b/green-digital-timer-minutes-electronic-stopwatch-gradient-dial-starting-vector-icon-clock-watch-timer-green-129156657.jpg">https://thumbs.dreamstime.com/b/green-digital-timer-minutes-electronic-stopwatch-gradient-dial-starting-vector-icon-clock-watch-timer-green-129156657.jpg</a> <b>Soaking clothes:</b> <a href="https://thumbs.dreamstime.com/b/hand-washing-clothes-soaking-clothes-washing-powder-hand-washing-clothes-soaking-clothes-washing-powder-household-chores-177228317.jpg">https://thumbs.dreamstime.com/b/hand-washing-clothes-soaking-clothes-washing-powder-hand-washing-clothes-soaking-clothes-washing-powder-household-chores-177228317.jpg</a> <b>Weak fabric:</b> <a href="https://farm2.static.flickr.com/1309/5117877837_cf56bbbcba.jpg">https://farm2.static.flickr.com/1309/5117877837_cf56bbbcba.jpg</a>
20	<b>WASHING - Methods of washing: Friction method</b> <b>Handkerchief:</b> <a href="https://i.pinimg.com/originals/d4/c6/30/d4c63083dea0be2ea73cd7ba67b8ce70.jpg">https://i.pinimg.com/originals/d4/c6/30/d4c63083dea0be2ea73cd7ba67b8ce70.jpg</a> <b>Scrubbing:</b> <a href="https://image.shutterstock.com/image-photo/image-450w-680883907.jpg">https://image.shutterstock.com/image-photo/image-450w-680883907.jpg</a> <b>Beating:</b> <a href="https://4.bp.blogspot.com/_2GdvhQm7Vxc/TLQ1JvKHvVI/AAAAAAAAAFho/li0hWS7pIK4/s1600/4581xiyi01.jpg">https://4.bp.blogspot.com/_2GdvhQm7Vxc/TLQ1JvKHvVI/AAAAAAAAAFho/li0hWS7pIK4/s1600/4581xiyi01.jpg</a>
21	<b>WASHING - Methods of washing:</b> <b>Kneading &amp; squeezing:</b> <a href="https://www.corporatetravelsafety.com/safety-tips/doing-laundry-on-vacation-in-your-hotel-room/">https://www.corporatetravelsafety.com/safety-tips/doing-laundry-on-vacation-in-your-hotel-room/</a> <b>Rinsing:</b> <a href="https://thumbs.dreamstime.com/b/hand-washing-clothes-red-basin-hand-washing-clothes-red-basin-idea-laundry-domestic-work-dirty-t-shirt-isolated-132007929.jpg">https://thumbs.dreamstime.com/b/hand-washing-clothes-red-basin-hand-washing-clothes-red-basin-idea-laundry-domestic-work-dirty-t-shirt-isolated-132007929.jpg</a>
22	<b>WASHING – washing in machines:</b> <a href="https://www.shutterstock.com/image-vector/family-wash-clothes-washing-machine-clothing-1260007930">https://www.shutterstock.com/image-vector/family-wash-clothes-washing-machine-clothing-1260007930</a>

Slide No.	U R L
23	<p><b>WASHING – <u>finishing agents</u>:</b></p> <p><b>Blue :</b> <a href="https://st.hzcdn.com/simgs/6fd1d31b01632065_8-6676/modernizm-tovary-dlya-stirki.jpg">https://st.hzcdn.com/simgs/6fd1d31b01632065_8-6676/modernizm-tovary-dlya-stirki.jpg</a></p> <p><b>Starch :</b> <a href="https://www.mckenziefoods.com.au/wp-content/uploads/2015/01/Silver-Star-Starch-300g_low-res.jpg">https://www.mckenziefoods.com.au/wp-content/uploads/2015/01/Silver-Star-Starch-300g_low-res.jpg</a></p> <p><b>Gum-arabic :</b> <a href="https://africorp-sd.com/wp-content/uploads/2020/08/22.jpg">https://africorp-sd.com/wp-content/uploads/2020/08/22.jpg</a></p> <p><b><u>Drying: Clothesline and pegs:</u></b></p> <p><a href="https://ae01.alicdn.com/kf/HTB1ruMielfM8KJjSZFhq6ARyFXa2.jpg?width=800&amp;height=800&amp;size=136553&amp;hash=138153">https://ae01.alicdn.com/kf/HTB1ruMielfM8KJjSZFhq6ARyFXa2.jpg?width=800&amp;height=800&amp;size=136553&amp;hash=138153</a></p> <p><b><u>Metalrack:</u></b> <a href="https://homezene.com/wp-content/uploads/2018/08/Kurtzy-Foldable-Garments-Clothes-Laundry-Steel-Dryer-Hanger-Rack-Rail-Organizer-Stand-for-Kids-Indoor-and-Outdoor.png">https://homezene.com/wp-content/uploads/2018/08/Kurtzy-Foldable-Garments-Clothes-Laundry-Steel-Dryer-Hanger-Rack-Rail-Organizer-Stand-for-Kids-Indoor-and-Outdoor.png</a></p>
24	<p><b>WASHING – ironing and storing:</b></p> <p><b>Electric iron:</b> <a href="https://i.ebayimg.com/images/g/IO0AAOSw08dd92S4/s-l640.jpg">https://i.ebayimg.com/images/g/IO0AAOSw08dd92S4/s-l640.jpg</a></p> <p><b>coal iron:</b> <a href="https://thumbs.dreamstime.com/b/charcoal-iron-isolate-beauty-art-thailand-30519927.jpg">https://thumbs.dreamstime.com/b/charcoal-iron-isolate-beauty-art-thailand-30519927.jpg</a></p> <p><b>cupboard:</b> <a href="https://img1.exportersindia.com/product_images/bc-small/dir_49/1443583/steel-almirah-1510143608-3440189.jpeg">https://img1.exportersindia.com/product_images/bc-small/dir_49/1443583/steel-almirah-1510143608-3440189.jpeg</a></p> <p><b>suitcase:</b> <a href="https://image.shutterstock.com/image-photo/open-suitcase-mens-clothing-packed-600w-1507528511.jpg">https://image.shutterstock.com/image-photo/open-suitcase-mens-clothing-packed-600w-1507528511.jpg</a></p>
28	<p><b>Thank you:</b></p> <p><a href="https://www.bing.com/images/search?view=detailV2&amp;ccid=E5xudPCe&amp;id=9B190F4940F89F1291D3FCB88A99D29AA9518627&amp;thid=OIP.E5xudPCeYW6QSp0JLeZtpAHaE8&amp;mediaurl=http%3A%2F%2Fi.ebayimg.com%2Fimages%2Fi%2F190830640489-0-1%2Fs">https://www.bing.com/images/search?view=detailV2&amp;ccid=E5xudPCe&amp;id=9B190F4940F89F1291D3FCB88A99D29AA9518627&amp;thid=OIP.E5xudPCeYW6QSp0JLeZtpAHaE8&amp;mediaurl=http%3A%2F%2Fi.ebayimg.com%2Fimages%2Fi%2F190830640489-0-1%2Fs</a></p>



