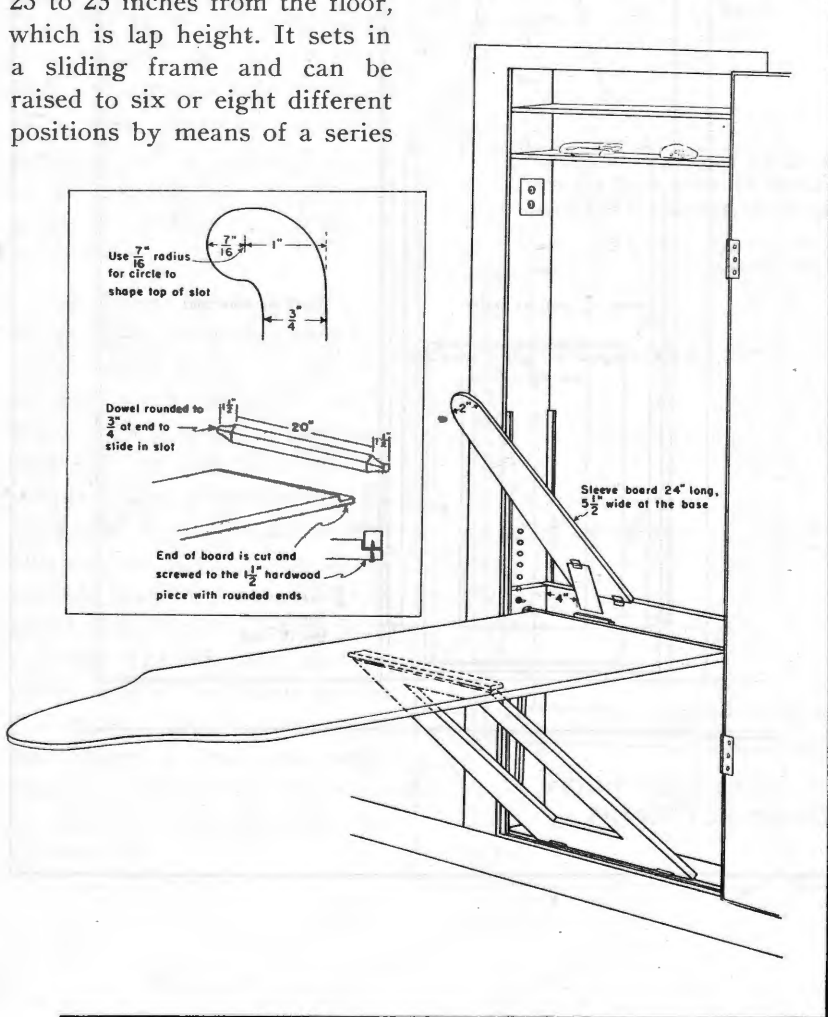


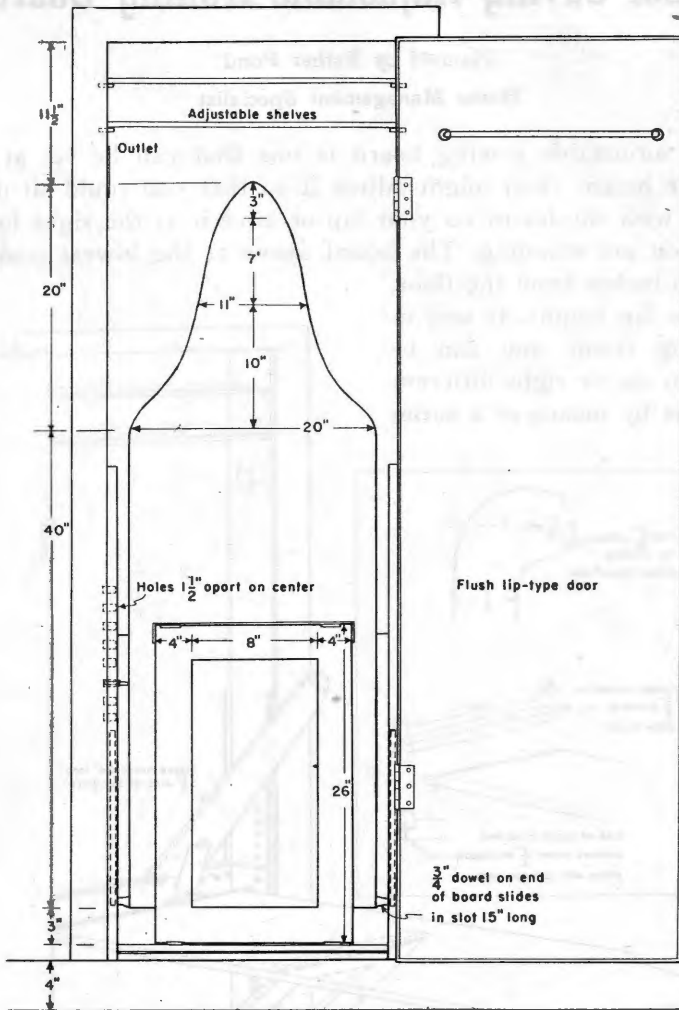
# Labor-Saving Adjustable Ironing Board

Planned by Esther Pond  
Home Management Specialist

An adjustable ironing board is one that can be set at any desirable height. You might adjust it so that you could sit down to iron with the board on your lap or have it at the right height when you are standing. The board opens at the lowest position, 23 to 25 inches from the floor, which is lap height. It sets in a sliding frame and can be raised to six or eight different positions by means of a series



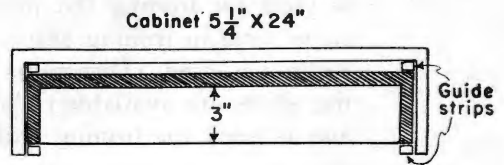
Labor-Saving Adjustable Training Board



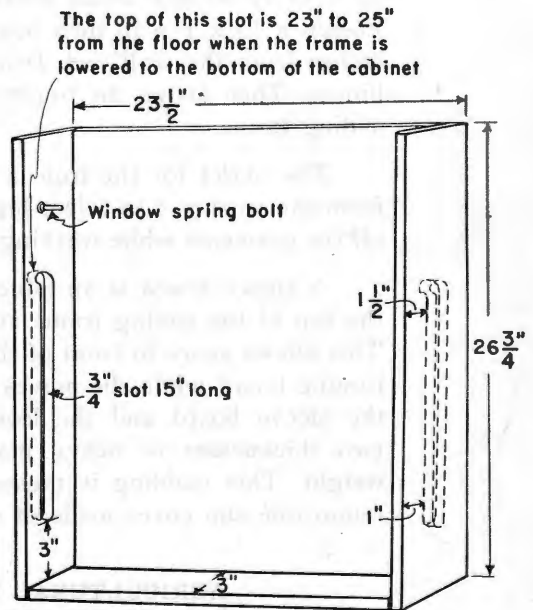
of openings in the side of the cabinet. The openings or holes are spaced one inch apart ( $1\frac{1}{2}$  inch on center) and a window spring bolt in the sliding frame slips into the desired opening, holding the board securely at the correct working height.

The ironing board cabinet is  $5\frac{1}{4}$  inches deep, 24 inches wide and 74 inches high. It sets in the wall between two 2 by 4's (one of which has been offset). When installed, the cabinet should be door height. This generally allows enough space at the top for one or two adjustable shelves for pressing equipment.

The adjustable frame is  $23\frac{1}{2}$  inches wide, 3 inches deep and  $26\frac{3}{4}$  inches high. It fits the ironing board cabinet in width. Two  $\frac{3}{4}$  inch strips in the front and two in the back of the cabinet form guides for it and hold it in place. The frame will slip up and down easily if the outside is rubbed with a bar of paraffin before it is set into the cabinet. The 15 inch slot on either side of the frame guides the end of the ironing board and keeps it level when the board is in use. This slot must be shaped at the top like the drawing.



TOP VIEW OF SLIDING FRAME AS IT SETS BETWEEN THE GUIDE STRIPS IN THE CABINET



FRONT VIEW OF SLIDING FRAME FOR BOARD

The ironing board is 20 inches by 60 inches. The 20-inch width is ideal for ironing flat pieces like linens or for pressing. It also saves time in ironing shirts and blouses if the new motion saving method is used. (Directions for the motion saving method of ironing shirts are available.) The shaped end is like any ironing board and is used for ironing children's clothes or small garments.

In making the board use well seasoned lumber  $\frac{3}{4}$  inch thick. If it is necessary to use two boards to obtain the 20 inches in width, glue and dowel them together. Shape the board at one end according to the measurements given in the drawing. The broad end of the board is glued and screwed to a  $1\frac{1}{2}$  by  $1\frac{1}{2}$  inch piece of hardwood, 23 inches long (see detail). Dowel each end of this 23 inch hardwood board by shaping off  $1\frac{1}{2}$  inches until the end is round and  $\frac{3}{4}$  of an inch in diameter. These ends will slide up and down in the slots which are cut in the sides of the sliding frame.

The ironing board is held in the sliding frame and is supported by a 16 by 26 inch brace which is made of  $\frac{3}{4}$  x 4 inch material. Fasten a  $\frac{1}{2}$  x 1 x 16 inch board underneath the ironing board 20 inches from the wall end. Hinge the brace to this strip with two hinges. Then fasten the brace to the front edge of the base of the sliding frame.

The outlet for the iron is placed on the far side of the board from the worker 5 to 6 feet high so that the iron cord will be held off the garments while working.

A sleeve board is an added convenience. It can be hinged to the top of the sliding frame and about 4 inches from the far side. This allows space in front of the worker for setting the iron on the ironing board while she moves garments on the sleeve board. Both the sleeve board and the ironing board should be padded with two thicknesses of heavy material similar to table padding in weight. This padding is tacked on smoothly and covered with a removable slip cover made of unbleached muslin or old sheeting.

**AGRICULTURAL EXTENSION SERVICE**  
**STATE COLLEGE OF WASHINGTON**  
Pullman, Washington