



The planning of this adjustable ironing board was done by Ester Pond, home management specialist for the Agricultural Extension Service, State College of Washington, Pullman, Washington. The illustrations herein are used through the courtesy of the Washington State Agricultural Extension Service.

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A LABOR-SAVING IRONING BOARD

This adjustable ironing board can be set at any desired height, so that you can sit down with the board on your lap or have it at the right height for standing. When the board is opened out of the cabinet, it is at the lowest position, 23 to 25 inches from the floor, or at lap height.

By use of a sliding frame, the board can be raised to eight different positions. A spring bolt in the frame can be let into any one of a series of holes in the side of the cabinet (see diagrams on the other side of this sheet). Choose your correct working height and the bolt holds the frame and board securely in that position.

The cabinet is set into the wall between two 2 x 4's. If straight and true, the 2 x 4's themselves can serve as the sides of the cabinet. In height, the cabinet must be at least 5 feet, 5 inches, but for best appearance, it should be the same height as the doors in the room. Generally the door height allows space at the top for one or two shelves to hold pressing equipment.

The adjustable frame is made to fit the ironing board cabinet in width — $23\frac{1}{2}$ inches for the frame and 24 inches for the cabinet. Two strips in front and two in back form guides for holding the frame in place. The frame will slip up and down easily if rubbed with paraffin before it is set into the cabinet.

The slot on either side of the frame guides the end of the board and keeps it level. Be sure this slot is shaped at the top as shown in the drawing at the right.

The 20-inch width of the board is ideal for ironing flat pieces like linens or for pressing, and it saves time in ironing shirts and blouses if the new motion-saving method is used. The shaped end aids in ironing small garments.

In making the board, use well-seasoned lumber $\frac{3}{4}$ -inch thick. If it is necessary to use two boards to get the 20-inch width, glue and dowel them together. Glue and screw the broad end of the board to

a piece of hardwood as a batten (see detail drawing below). Dowel each end of this strip to fit into the slots which are cut in the sides of the sliding frame.

The board is further supported by a brace which is hinged to a strip of wood underneath the board and also to the front edge of the base of the sliding frame.

A sleeve board is an added convenience. It may be hinged to the top of the sliding frame about four inches from the far side. This allows space in front of the worker for setting the iron on the larger board while she moves garments on the sleeve board.

Another convenience is an electrical outlet on the far side of the cabinet from the worker and high enough to keep the cord off the garments. A height of 5 or 6 ft. is about right.

