



DEPARTMENT OF EDUCATION
SCHOOLS DIVISION OF NEGROS ORIENTAL
REGION VII

Kagawasan Ave., Daro, Dumaguete City, Negros Oriental



TLE-H.E.-DRESSMAKING

Quarter 2 – Module 6: PRESSING SLEEPING GARMENTS



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TLE-H.E. DRESSMAKING 9
Alternative Delivery Mode
Quarter 2 – Module 6: Pressing Sleeping Garments
First Edition, 2020

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Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by _____

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TLE

DRESSMAKING

Quarter 2 – Module 6:
PRESSING SLEEPING GARMENTS



Introductory Message

For the facilitator:

Welcome to the TLE-H.E.-DRESSMAKING 9 Alternative Delivery Mode (ADM) Module on Pressing Sleeping Garments!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.









As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.




For the learner:

Welcome to the TLE-H.E.-DRSSMAKING 9 Alternative Delivery Mode (ADM) Module on Pressing Sleeping Garments!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

 <i>What I Need to Know</i>	This will give you an idea of the skills or competencies you are expected to learn in the module.
 <i>What I Know</i>	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
 <i>What's In</i>	This is a brief drill or review to help you link the current lesson with the previous one.
 <i>What's New</i>	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
 <i>What is It</i>	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
 <i>What's More</i>	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
 <i>What I Have Learned</i>	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
 <i>What I Can Do</i>	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

 Assessment	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
 Additional Activities	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
 Answer Key	This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

This DRESSMAKING course leads to National Certificate Level II. This is designed for Grade 9 student to develop competencies: plans, designs and sews sleeping garments and children's wear. It discusses and explains the tools, materials and equipment used in the making of desired products. It also demonstrates different techniques and processes which will guide the learner in developing the skills and knowledge to work effectively and efficiently.

The module has two lessons namely:

Lesson 11 – Application of Heat and Pressure

Lesson 12 - Tips in Pressing the Garment

After going through this module, you are expected to:

1. Discuss the tips in pressing the sleeping garments;
2. Apply appropriate amount of heat and pressure for a certain type of fabric;
3. Show the attitude of being careful when applying heat in pressing.



What I Know

Directions. Give the amount of heat to be applied on the following types of fabric. Tell whether it is **HIGH, MEDIUM, LOW**. Write your answer on your activity notebook.

- | | |
|------------|----------|
| 1. acetate | 4. wool |
| 2. Cotton | 5. nylon |
| 3. Silk | |

Lesson 11-12

PRESSING SLEEPING GARMENTS

When it comes to ironing clothing made with cloth you aren't used to, knowing what ironing setting you should use is really important. Knowing how to iron cotton is easy, but if you've been wondering how to iron wool in your favorite skirt or how to iron your silk blouse, there are specific instructions that can help make sure you are not only getting a wrinkle-free garment but are also taking extra care of your clothing so it lasts a longer. Whether you use high heat like on cotton, denim, muslin or calico or medium heat like on wool or silk, use our helpful chart to get the most out of your iron so that you are always wrinkle free.



What's In

As a review, what are the different pressing materials needed in Dressmaking?

- 1.
- 2.
- 3.
- 4.
- 5.



Notes to the Teacher

The following are information that would lead to the activities and assessment. Some activities may need your own discretion upon checking or you may use a rubric if provided. Please review the activities and answer keys and amend if necessary.



What's New

Try to look at the picture on the right. What can you say about it? What will happen to the cloth that the girl is holding? Is there any possible solution for this problem?

For you to answer the above questions, let us study the lesson on the application of heat and pressure for different types of fabrics.



What Is It

Special Treatment of Fabrics

Because every fabric is different, your ironing technique may need to be adjusted to make sure you don't damage your favorite linen pants or cashmere sweater. Make sure to check the label inside your clothing or linens to see the recommended fabric care instructions, including ironing recommendations. Follow these simple rules if you are missing a label:

- If you are ironing a piece of clothing but don't know what the fabric is made out of, use the lowest temperature first and test on an inside seam.
- Use a low-temperature setting if you are ironing a fabric blend
- If you are ironing clothing made of multiple types of fabric, start on a low setting

Natural Fibers

















- **How to Iron Cotton** (denim, muslin, calico, chintz): Iron on high heat while still damp. If the fabric is dry, pre-moisten it with a spray bottle or use the spray button on your iron to dampen the fabric. Use steam and spray if necessary.
- **How to Iron Silk:** Use a medium heat setting and dry iron inside out. To press a silk tie, lay it on top of a pressing cloth right-side facing down, then press.

- **How to Iron Wool (cashmere, flannel):** Use a pressing cloth and steam iron inside out on medium heat.

Synthetic Fibers

- **How to Iron Acetate:** Using low heat, dry iron without steam on the wrong side of the fabric.
- **How to Iron Acrylic:** With the iron on low heat, dry iron without steam on the wrong side of the fabric. Use spray if necessary.
- **How to Iron Nylon:** Use low heat and dry iron without steam. Use spray if necessary.
- **How to Iron Polyester:** Iron while still damp, pre-moisten it with a spray bottle, or use the spray button on your iron to dampen the fabric. Use low or medium heat.

Whether you are ironing linen, silk or cotton, the most important thing is to have an iron that works well and is up to making your clothing or fabric wrinkle-free. Look for an iron that not only has temperature settings but includes specific fabric types so you don't have to guess. A steam or spray feature is also incredibly important. For more tips on ironing and iron types, explore the rest of our Iron 101 series.

Ironing Instructions According To Fabric			
Natural Fibers		TEMP	STEAM
	Cotton (denim, muslin, calico, chintz): Iron on high heat while still damp. If the fabric is dry, pre-moisten it with a spray bottle or use the spray button on your iron to dampen the fabric. Use steam and spray if necessary.		
	Linen: Iron while still damp on the wrong side using high heat. If the fabric is dry, pre-moisten it with a spray bottle or use the spray button on your iron to dampen the fabric.		
	Wool (cashmere, flannel): Use a pressing cloth and iron on the wrong side of the fabric on medium heat.		
	Silk: Use a medium heat setting and dry iron silk on the wrong side of the fabric. To press a silk tie, lay it on top of a pressing cloth right-side facing down, then press.		
Synthetic Fibers	Polyester: Iron while still damp, pre-moisten it with a spray bottle, or use the spray button on your iron to dampen the fabric. Use low or medium heat.		
	Nylon: Use low heat and dry iron without steam. Use spray if necessary.		
	Acetate: Using low heat, dry iron without steam on the wrong side of the fabric.		
	Acrylic: With the iron on low heat, dry iron without steam on the wrong side of the fabric. Use spray if necessary.		

5 SEWING TIPS FOR BETTER PRESSING

1. Test the iron on a scrap of fabric first to find the right heat level

It can be so easy to burn or even melt your fabric. It's happened to the best of us. So before you ever touch iron to fabric, test out different heat and steam levels on a scrap of the fabric.

2. Use a press cloth

If you have a really delicate fabric, use a press cloth to protect it from the iron. The press cloth creates a barrier between your project and the iron, reducing the amount of heat and steam that hit the project. Simply lay your project on the ironing board then place the press cloth on top and press away.

3. Be gentle

Just as fabric can be burned or melted it can also be warped or stretched when pressing. Even though we call this activity "pressing" you really don't need to press with the iron at all. Let the weight of the iron be the only pressure put on the fabric and don't add to it. If you think you might be using too much pressure with your iron, try to adopt an up and down motion, lifting your iron from place to place instead of sliding it.

4. Press every seam after sewing

When sewing woven fabrics, it's important to press each seam after you sew it. Pressing your seams flat (either open or to the side as the pattern requires) will help it fit better with the next part of the garment. If the seams are not pressed flat, you risk getting wrinkles and bubbles when it's stitched to another piece of fabric.

5. Use tools to help press the tricky stuff

The tailors ham, sleeve board and clapper board are some of the tools that could be very helpful in making a successful pressing.



What I Have Learned

Direction: Answer the following questions comprehensively. Write your answers on your notebook.

1. What are the tips in pressing a garment?
2. Why is it important to know the correct way of applying heat and pressure on fabrics?

Essay Rubrics

Areas of Assessment	10 points	7 points	4 points	1 point
Ideas	Presents ideas in an original manner	Presents ideas in a consistent manner	Ideas are too general	Ideas are vague or unclear
Organization	Strong and organized beg/mid/end	Organized beg/mid/end	Some organization; attempt at a beg/mid/end	No organization; lack beg/mid/end
Understanding	Writing shows strong understanding	Writing shows a clear understanding	Writing shows adequate understanding	Writing shows little understanding
Mechanics	Few (if any) errors	Few errors	Several errors	Numerous errors
TOTAL POINTS				



What I Can Do

Direction: Copy the table on your notebook and complete the needed information on how to properly iron each type of fabric.

Types of Fabric	How to Iron
1. cotton	
2. silk	
3. wool	
4. silk	
5. acrylic	



Assessment

Direction: Check the appropriate box that matches the amount of heat to be applied in pressing each type of fabric. Write your answer on your activity notebook.

B. Write **TRUE** if the statement is correct and **FALSE** if it is incorrect. Write your

TYPES OF FABRIC	HIGH	MEDIUM	LOW
1. wool			
2. nylon			
3. acetate			
4. linen			
5. cotton			

answer on your activity notebook.

1. Test the iron on a scrap of cloth before pressing the garment.
2. Just because we call this activity “pressing”, we need to apply a lot of pressure when doing the pressing.
3. Use a press cloth to protect delicate fabrics when ironing.
4. It is always a must to iron the seam before sewing it.
5. In pressing tricky stuff, you may use some helpful pressing tools like tailors ham.



Additional Activities

Direction: Share your learning insights/reflection about the lesson. Answer this on your activity notebook.

I have learned that _____.

I have realized that _____.

I will apply _____.



Answer Key

What I Know	1. low
	2. high
	3. medium
	4. medium
	5. low
Assessment	A.
	1. medium
	2. low
	3. low
	4. high
	5. high
	B.
	1. True
	2. False
	3. True
	4. False
	5. True

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