

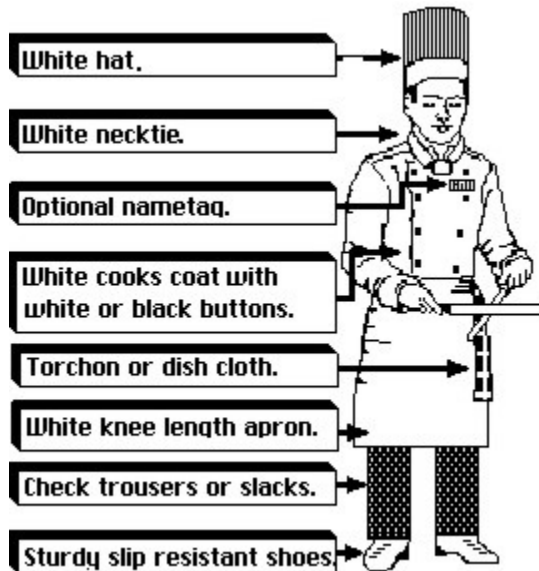
APSI Uniform Care

A clean crisp ironed uniform give an impression of a professional chef who takes pride in their work.

Think about who **you** would prefer to handle **your** food?



What your uniform entails



Jackets

Cleaning:

Always separate your whites and colors, washing together will discolor your uniforms
Simply washing a jacket will not be effective in keeping it neat in appearance. Using stain removing detergents helps (some varieties available)



For heavier stains such as the black or dark gray marks that come with cleaning the stove top grates, making a paste out of powdered detergent, is your best bet. Take about a tablespoon of the powder and add just enough water to make a thick paste. Apply the paste directly on the stain. Let it stand for about fifteen minutes. Gently scrub the area with an old toothbrush and launder as usual.

Ironing:



Let's start off with some basics.

- A hot dry iron on wrinkles will only remove some of them. Wrinkles do not come out without steam or starch.
- A wrinkled or dirty uniform sends a very clear message – “I don't take what I do seriously.”
- By the way, ironing an already dirty jacket just sets in the stains and doesn't fool anyone into thinking that you look professional. It will just set the stain making them harder to remove later
- Ironing is not rocket science nor is it difficult. The bottom line is we need to do it.
- Starch will help your jacket be wrinkle free giving a very crisp finish.

Let's Iron:

1. Fan out the collar of the jacket so the inside faces up. Starch and iron.



2. Take one shoulder of the jacket and gently stretch the arm-hole portion over the blunted end of the ironing board. The seam connecting the front and back material of the jacket should be running evenly down the center of the board with the top of the sleeve seam running across the very front of the board. Repeat with the other shoulder.



3. Remove jacket from iron and re-position so that one of the side body seams runs down the center of the board. The under portion of the sleeve (arm pit) will be right at the edge of the ironing board. Repeat with the other side.



4. After completing the side panels above it is time to do the sleeves of the jacket. The best guide here is to lay out the sleeve so the seam on the underside is even. Remember, starch the sleeve then iron.



5. Iron up around the shoulder seam. This removes bumps that is caused by laundering. Most importantly, you are ironing two pieces of fabric, turn the sleeve over and do both sides! To get a really nice upper crease in the sleeve re-starch the area and iron again pressing very hard. To finish off the sleeve turn the cuff up at its seam. Iron the now exposed interior of the cuff.



6. The only parts remaining now are the back and two front panels. Position the jacket on the ironing board so that the back of the jacket is stretched over the tip of the board. Starch and iron each area repositioning the jacket as needed so all areas are ironed.



Once you have the back completed carry out the same procedure for each front panel.

YOUR JACKET IS READY!



Hats:

Cleaning:

Use the same techniques for cleaning as you would use for your jackets. This would seem simple enough except for the fact that people tend to just throw hats into the washer. Please take the time to wash your hat it gets just as many stains as your jackets.



Ironing:

1. The first step in ironing your hat is to turn it inside out and straighten out the seam. During laundering the seam bunches all up and makes ironing a little bit of a challenge. Iron around the entire hat seam to flatten it out.



2. The next step is to iron the inside, flat surface. Do this by folding down the sides and placing the iron inside the hat. You will need to keep turning the hat in a circling motion to get all areas. The greatest pressure is placed on the front of



the iron so as to not iron the sides of the hat.

3. Place the sides of the hat over the end of the board. Spray with starch and iron rotating the hat around the end of the board as you go. Turn the hat right side out taking the time to smooth out the interior seam. Re-iron the sides.



YOUR HAT IS READY!



Neckerchief:

Cleaning:

Use the same process to clean as you would for jackets and hats. Neckerchiefs should be washed after every use as they get visibly dirty and gray if not cleaned frequently along with the rest of your uniform.

Ironing:

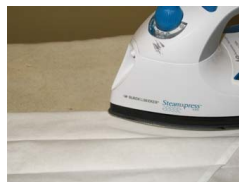
1. Lay the neckerchief on the ironing board so that the edge seam is facing up and the shorter triangle is facing away from you.



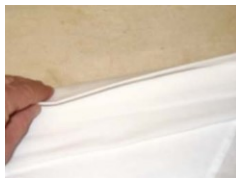
2. Iron it only lightly at this point. Take the shorter tip facing away from you and bring it towards you. The point should fall 1 inch from the base of the triangle.



3. Iron in a heavy crease at the fold. A solid crease at this point will help you maintain a cravat that doesn't unfold as you are tying it.



4. You will need to decide at this point how small or large the width of your neckerchief is to be. A good starting point is one inch and then increase or decrease from there the next time you iron it.



5. Keep folding the neckerchief down one fold at a time until you are around one inch from the bottom of the neckerchief. As you can see in the following picture the base of the neckerchief is uneven. After laundering and ironing several times

the material becomes misshaped and uneven.



6. To keep the cravat neat in appearance fold the uneven section up under the fold you have created and iron a heavy seam into it.



7. Fold the neckerchief into one width and iron it heavily.

YOUR NECKERCHIEF IS READY!



Don't forget to iron your apron as well