



**\* HOW TO  
DRESS FOR  
WARMER  
WEATHER  
(AND BETTER DAYS)**

LOOK SHARP + LIVE SMART

**BARRY  
BONDS  
WANTS YOU  
TO KISS HIS  
ASTERISK**

**INTERVIEW  
WITH A VAMPIRE  
ROBERT  
PATTINSON  
IS HERE  
> HIDE YOUR  
DAUGHTERS!**

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TALIBAN  
> A NEW LOOK  
AT THE STRANGE  
AND SURPRISING  
CASE OF  
JOHN WALKER  
LINDH**

**+**  
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New Mr. Spock  
Reintroducing  
Amy Poehler  
A Sexy Peek at  
Our Favorite  
House Bunny

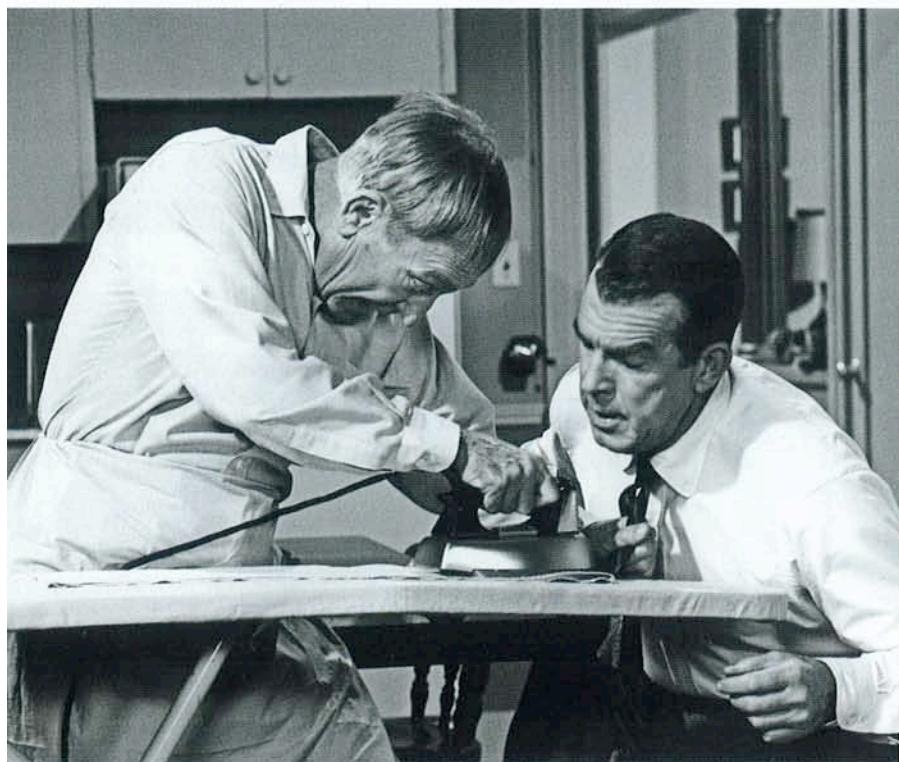
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# M

## The D.I.Y. Man > How to Do It Yourself (Better)



### Iron, Man!

Tired of trusting your dress shirts to an overpriced (and usually careless) dry cleaner? Master the meditative—and thoroughly manly!—art of ironing

▲ The trick to quick and easy ironing is to *not* dry the shirt before pressing.

→ Imagine a year in which you didn't take a single dress shirt to the cleaner's. Even a conservative estimate—setting the price at three bucks a shirt and assuming four shirts a week—amounts to roughly \$600 in savings. That's enough to relieve a struggling electronics chain of a plasma or snag a round-trip ticket to Caracas. But money alone isn't reason enough to take on all those shirts yourself. Beyond the environmental factors, the real reason you should be washing and ironing your shirts is that they're *your* shirts. And who's going to look after them better than you?

You're the one who's going to remember to spray the collar with stain remover; you're the one who's going to carefully remove the collar stays and not lose them in the process; you're the one who's going to know precisely where that droplet of vinaigrette landed on your new French-blue shirt. And though you are a mere amateur and your dry cleaner does this professionally, he probably does it with a machine and for 3,000 other guys in your town with shirts that look a lot like yours. Has *your* washing machine ever lost your favorite shirt? Have *you* ever crushed a button or marred a collar with a permanent sheen?

Washing and ironing my shirts is a semiregular Monday-night ritual for me. Football is the perfect diversion, because it requires only the occasional glance at the screen, and it offers some reassurance that, despite the evening's activity, you have not become your mother. (Though I'll admit to adopting a few tips from mine.)

Here's how I do it: I spray the collars and the aforementioned vinaigrette stain with Spray 'n Wash and drop the shirts in the washer. Then, rather than throw them in the dryer, I iron them straightaway, damp. This provides the moisture you need without having to mess with a spray bottle or steam iron (though such irons have improved—see box). Ironing is a two-handed sport, requiring one to smooth and flatten the fabric as you go, working from collar to sleeve to yoke to back to front. If you're in a rush, skip the sleeves and the back of a shirt if you know it's going to hide beneath a V-neck sweater or a suit jacket. Just make sure you nail the collar and cuffs. Hang and repeat.

Few tasks—maybe washing the car and splitting wood—provide a deeper sense of domestic satisfaction. But be warned: Ironing isn't for pansies, and you might well build up a distinctly unfeminine sweat. So feel free to crack another beer and toast the fact that you won't be running to the dry cleaner tomorrow.—MARK HEALY

#### The Hot List

Testing the newest and best irons

\$130



#### ● Digital Velocity V95 Steam

Here's a sturdy, straightforward iron with an internal generator that produces a generous flow of steam. A backlit LCD tells you when it's safe to iron and when it's not, and the automatic shutoff feature is a plus.

[www.reliablecorporation.com](http://www.reliablecorporation.com)

\$50



#### ● Black & Decker Digital Advantage

This B&D is light and nimble but has a ceramic soleplate that lays down a convincing crease. Also, it has a cool blue digital screen that somehow makes ironing feel futuristic.

[www.bdappliancestore.com](http://www.bdappliancestore.com)

\$170



#### ● Rowenta Pressure Iron & Steamer

If you've ever gazed admiringly at the guy pressing shirts in the window of the dry cleaner, this is the unit for you. It has a stainless-steel soleplate and a six-foot cord that delivers a powerful flow of steam, all but assuring professional results.

[www.shoprowenta.com](http://www.shoprowenta.com)