CONSERVATION TIPS

DIRECTIONS FOR MAKING A PADDED HANGER

1. Assemble the following materials.
   - a sturdy hanger. (The hanger should not be longer than the width of the shoulders of the garment. The hanger may need to be cut down to size for a child’s garment.)
   - polyester quilt batting (thermal bonded)
   - poly/cotton orthopedic stockinette, 4-inch width
   - scissor

There are several types of hanger that can be used to make a padded hanger: metal, wood, or plastic.
   - A metal hanger is not the best choice as it may not be sturdy enough for heavy garments and it may rust. Also, it will be difficult to put on sufficient padding so that the wire does not “telegraph” its shape through the padding, thereby defeating the purpose in making a padded hanger. Some people overcome at least some of the disadvantages by using a group of wire hangers together and wrapping them with aluminum foil to provide a barrier in the event that the wire rusts.
   - Wood is a better choice but has the disadvantage of emitting small amounts of vapor over time (off-gassing) of volatile organic acids that may damage textile fibers. This problem can be overcome some extent by wrapping the wood hanger with aluminum foil. It’s not a perfect solution but is an improvement over simply using a wood hanger. Wood hangers are easy to cut, so its length can be adjusted for the width of small garments.
   - Plastic hangers are a good choice because they are wider (thicker) than wire, are often made of a chemically inert material, polystyrene, and they can be cut for the width of small garments.

2. Wrap the quilt batting around the hanger, going from left to right and then back to the left (see Figure 1). Continue wrapping the batting around the hanger until the batting is 3–4 inches thick.

(Continued)
3. Cut a piece of stockinette that is 8 inches longer than the hanger. Make one very small cut to create a hole at the center of the length of stockinette. Or poke a hole using a sharp pointed implement like an ice pick.

4. Pull the stockinette over the padding on the hanger until you reach the shank of the hanger. Leave 4 inches extending beyond the end of the hanger (see Figure 2). Be careful that the padding does not get compressed or “bunch up” as you pull on the stockinette.

5. Pull up the stockinette and slide the shank of the hanger through the hole.

6. Continue pulling the stockinette over the padding on the second half of the hanger until it extends 4 inches beyond the end of the hanger.

7. Tuck the cut ends of the stockinette back in on themselves so that they are no longer visible and the padding at both ends is covered (see Figure 3).

8. You’re done! You have made a padded hanger that will hold garments without making a damaging crease in the shoulders.

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