



Up-to-the-Minute Tips on:

GOODWIN

Heart Pine Company

Installing and Finishing Antique Woods

This information is just the beginning of what you need to know. Due to vast technical considerations, you should consult a wood professional if at all possible. If we can help with additional information, please let us know.

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The Basics on How to Sand Heart Pine

see page 2 for details

Start with 36- or 40- grit (or lower) and cross sand at roughly 7-15 degrees. Be sure to get the first cut really smooth. Then straight sand with 40- or 50- grit changing the paper frequently. Edge with 36- to 40- grit, and then vacuum the whole floor thoroughly to remove debris. After vacuuming, edge with 50- or 60- grit, feathering into the field about 12 to 14 inches. Sand the entire floor with 50- or 60- grit, feathering into the areas that were edged, then hand scrape and hand sand corners, wall lines, etc. Clean and vacuum again thoroughly before screening. Screen with 80- or 100- grit. If the floor requires screening with 80- grit go back over it with 100- grit keeping the floor clean and changing screens as often as needed.

The best heart pine is full of resin that makes the wood hard and gives it the red color. Don't lean on the sander! Let the weight of the machine do the work to prevent the resins from rising to the floor surface.

How to Finish Heart Pine or Heart Cypress

Which finish you choose for your Heart Pine or Heart Cypress floor depends on your preferences for maintenance, durability and drying time. The single best choice is always the one that your floor professional knows best. Some of the most popular choices are:

- one coat of penetrating oil sealer, 2 to 4 coats of oil modified polyurethane with 40-50% solid content
- one coat of water based sealer, 2 to 4 coats of waterborne polyurethane ¾ look for 30% solid content
- one coat of penetrating oil sealer, 2 coats of Tung Oil (requires longer drying time)
- wood conditioner, 2 to 4 coats of moisture cure
- one or more coats of penetrating oil sealer plus wax

A Few Color Tips Include:

These gorgeous woods are photo-reactive. The more sunlight the wood receives, the faster its color changes to a rich copper to mellow burgundy in Heart Pine, or honey to rich cinnamon chocolate in Heart Cypress. A first coat of penetrating sealer or conditioner helps "pop" out the color right away. Thin this with 1/4 to 1/3 mineral spirits to see some immediate color change. Allow for extra curing time between coats.

- Finishes with an ultraviolet inhibitor prevent the color change and keep the wood its initial lighter tones.
- Avoid any lacquer based products on Heart Cypress (these may turn cypress green).
- If you wish to stain Heart Pine or Heart Cypress, condition the wood first then thin the stain 1 to 6 to 12 parts mineral spirits, depending on desired darkness. Wipe stain on lightly and wipe off.

How to Finish Heart Cypress or Heart Pine on an Exterior

The suggested finish for exterior porch or verandah under roof is Boiled Linseed Oil or Watco Oil. Urethanes and Marine Varnishes are not recommended. They do not allow moisture to pass through the wood and often peel because moisture is pushing against the finish from below. For a weathered look but to protect the wood, use bleaching oil. Cypress will also take exterior stains well. If left unprotected, Cypress naturally ages to weathered gray.

New Trends in Radiant Heat

There's nothing nicer than a warm floor on a cold winter's day, but if your floor is wood you do have to take some precautions. Radiant heat works best with wood floors that are no wider than 3-1/4". The relative humidity in a radiantly heated home that has wood floors should never be more than 50 percent and never make a wood floor hotter than 85 degrees at its surface. Heart Pine is a good choice since, however, it is 29% more stable than Red Oak. Follow these tips and enjoy your radiant heat.

SANDING WITH HEART

Antique heart pine floors require extra sanding precautions

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Q. *Why can't I sand Heart Pine with the same procedures as Oak or Maple*

A. Antique reclaimed heart pine can sometimes be difficult to sand. Heart pine has sap or resin in the product, which makes sanding a more difficult job. Additionally, there are several things to look at when sanding heart pine. For example, how well is the floor installed? Is there much overwood? How well do the end joints match?

Most floor sanders try to sand the floor with the same grit sandpaper they use for a typical oak or maple re-sand job—40 or 50 grit, sanding straight with the grain. The sap that is in the heart pine will load up the paper within 20 or 30 square feet of sanding. This makes for a long day.

Whether it's a new floor or a re-sand, as a rule of thumb, sand the floor on a diagonal of about 15 to 30 degrees with 36-40 grit paper. This will sand more aggressively than sanding straight with the grain. In extreme cases, you may have to use open coat sandpaper such as 24-grit (or even coarser) to sand the floor flat. Once the floor is rough-sand, sand the floor with a medium grit (40-50 grit) with the grain. Even though the paper will load up, continue to sand—while changing the paper frequently.

After the medium sanding is done, you will need to sand the edges. Using an edger with coarse grit paper, (36-grit), sand all edges smooth and flat. Once you have completed the first cut on the edger, sweep, clean and vacuum the room thoroughly. Remember that keeping the floor free of debris, trash and grit will make a difference in how the final coat looks when the job is complete.

Before the final sanding with the big sander, edge with a 50 or 60 grit paper, feathering into the field about 12-14 inches. Since the pine is a softer wood, the edger may leave wheel marks in the floor. If not sanded properly, this will show up at the end of the job.

With the big sander, sand the entire floor with a 50-60 grit sander, feathering into the

areas that were edged. This will sand away any wheel marks that are left by the edger. On this cut, the paper will also load up, so sand as much as you can before changing paper. At this step in the sanding process, the floor will burnish from the paper being loaded.

After all sanding is done with the sander and edger, the hard work begins. Hand scraping all corners, wall line, toe kicks, floor jambs, and other areas is necessary to make the floor flat. Using a 60-80 grit sandpaper and working with the grain, hand sand all areas that have been scraped. This will smooth and blend edges from the field to the walls. Clean, sweep and vacuum the floors thoroughly. Now the floor is ready for screening. Remember, your final cut with the big sander was 50-60 grit, so you will need to start screening with an 80-100 grit screen. The screens will also load up and could cause swirls in the floor. Keeping the floor clean (as well as the screens) is important in order to achieve a good sanding job.

If the floor requires screening with an 80 grit, go back over it with a 100 grit to ensure smoothness. Now your heart pine floor is ready for finish. Remember, if you are using an oil-modified polyurethane finish, allow for extra cure time. Also, relative humidity and temperature will affect the curing of other finishes used on heart pine. Always check the manufacturer's recommended procedures before applying finish. Make sure that all finishes are fully cured before the next coat, as well.

Heart Pine Sanding Tips

- Do your first cut with the big machine on a 15-30 degree angle.
- The sap will make the sandpaper load up quickly—change paper frequently.
- Pine is a soft wood, so watch carefully for edger wheel marks left on the floor.
- Be prepared to leave extra cure time for finishes, especially oil-modified polyurethane.