

Bed Rooms of Comfort



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By

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The first consideration in planning any room is its purpose. Bed rooms are set aside primarily for rest and, since good health depends so largely on comfortable sleep and relaxation, physical comfort is of the utmost importance. In addition bed rooms should provide facilities for dressing, which include bathing arrangements if these are not taken care of by a bath room. The storage of clothes and an opportunity for quiet reading or study should be provided for also.

Essentials of A Good Bed Room

There are four essentials which should be present in every bed room if it is to fulfill its function satisfactorily. First of all it should be spotlessly clean, for cleanliness is a safeguard to health as well as the first principle of beauty. Plenty of fresh air is the second important consideration. Third, the sun should shine into the room during some part of every day. And the fourth essential is a restful atmosphere.

Use Color Understandingly

Color is indispensable, and if used intelligently it is a means of making a room interesting and attractive. There are three main colors—red, blue and yellow. Every other color is made by mixing these one with another, or all together. Some times it is said that colors have a language. Red seems to speak of heat and is therefore a “warm” color. Yellow reminds one of the sun and gives a feeling of light and cheer. While blue is a cold color—the color of the distant sky and of deep

water. When the colors are combined they may have a somewhat different meaning. Yellow and blue mixed give a green which expresses the cheerfulness of yellow and the coolness of blue.

In the rooms which have a tendency to be rather dark and gloomy yellow or shades which are derived from yellow can be used to impart some of the warmth and cheerfulness which are lacking. If a room has an abundance of light and sunshine cooler colors may be more desirable. Size also has much to do with the color treatment of a room, a small bed room may be made to seem larger with light colored walls—cream or pale green for instance. Again colors differ according to the ages of people occupying the rooms. For a young girl's room colors that are light and airy and more vivid are suitable, for they speak of youthful beauty. While for grown-ups richer, deeper colors are usually preferred.

Neutral Colors Best For Back Grounds

The walls and ceiling, together with the woodwork and floor constitute a background for the furnishings and pictures. Soft neutral colors should be selected for the walls. If blue, yellow or green is used soft shades must be chosen—grayed blue, grayed shades of yellow, and grayish shades of green will give restful effects. A greater variety of color can be used in the room when neutral shades are used for the background.

Ways To Finish Walls

There are a number of satisfactory methods of finishing a wall. If painting is practical a suitable shade of good oil paint with a dull finish will make a simple appropriate background with a hard durable surface that can be easily cleaned. Wall paper is, no doubt, the most widely used wall covering and many points to be considered in its selection apply to other wall finishes also. It is fairly durable and there is a wide range for choice in price, color, pattern and texture. Care must be taken to find the paper most suitable for the particular room. The wisest selection is that of patterns which have an all over effect, which appear to lie flat against the wall and do not



seem bold or aggressive. Some of the quaint chintz patterns add interest and life to a room and are particularly pleasing when colonial furnishings are used.

The ceiling should have the appearance of being a continuation of the wall in a lighter color. A border may form the connecting link between the wall and the ceiling, but a simple molding gives a more pleasing

effect. If borders are used the most satisfactory ones are narrow, and inconspicuous and as light in color as the wall—or lighter.

Woodwork, Floors and Floor Coverings

Painted woodwork gives a room a light, cheerful dainty appearance and can be cleaned with ease. Woodwork painted the same color as the wall or one tone darker, or lighter, helps to tie the room together.

The floor is the foundation of the room and should be two or three tones darker in color than the walls, with a mellow, inconspicuous finish. A good quality



of hard clear varnish applied to the floor and waxed makes a satisfactory floor finish for new floors or floors in fairly good condition. For old worn floors two coats of deck paint with a final coat of varnish will be more satisfactory. Waxing and polishing will add to attraction and durability.

A smoothly finished floor partly covered with rugs that can be taken outside for cleaning is probably the best management of a bed room floor. Many lovely rugs can be made at home from material on hand and in this way practical appro-



priate floor coverings may be had if the workmanship is good and careful thought has been given to the colors. Such hand made rugs on a painted floor go far toward giving the room a home-like atmosphere. The rugs, whether braided or hooked, should be heavy enough to lie flat and firm on the floor and not wrinkle when walked on.

Selecting The Furnishings

In furnishing a good plan is to take stock of the furniture on hand, discard the useless articles and put those which can be used in the best possible condition. Often there are pieces

of furniture of good material and design stored away that can be brought out, renovated and put into use again.

Naturally the bed is the most important piece of furniture in a bed room. The bedstead should be firm and substantial but light enough in weight to be moved about easily. The comfort of the bed will depend especially on the springs and mattress. It is better to economize on the other furnishings if necessary than on these. It is important that the springs should support the weight of the body without sagging, the vertical or open coil type spring is usually recommended on this account.



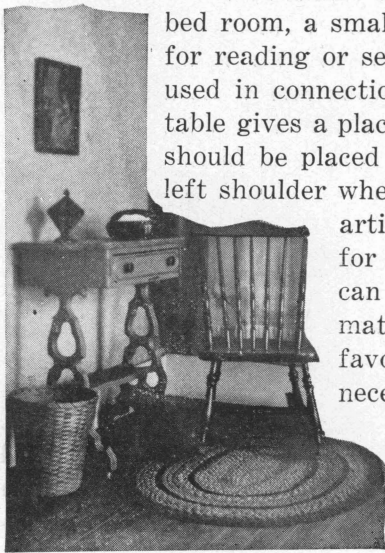
The mattress should be firm enough to support the body, yet soft enough to prevent the

bones of the hips and shoulders from becoming sore from pressure. The essential points to remember in the selection of a mattress are that it should be sanitary, light, and elastic, and that it should not mat, become lumpy or have an odor. Mattresses filled with a cotton felt made of interlaced long staple cotton fibres are very satisfactory. A type of mattress in which many small coil springs are combined with a padding is becoming increasingly popular, since it is light



and very comfortable. It has been found to be practical to have new mattresses made directly from the cotton grown on the farm and this has been suggested as one profitable disposition to make of a portion of the cotton crop when the market price is unprofitably low.

Pillows should be of the same thickness as the breadth of the shoulder and should be filled with a light fluffy material, feathers or down make the very best.



Two chairs are usually sufficient for a single bed room, a small cushioned arm chair or rocker for reading or sewing and a straight chair to be used in connection with a writing table. Such a table gives a place for quiet writing or study and should be placed so that the light falls over the left shoulder when using it if possible; sufficient artificial light should be provided for use at night. Book shelves which can be made at home of inexpensive material provides a place for some favorite books and magazines and necessary reference books. They should be placed conveniently near the writing table. A small table by the side of the bed is useful for the night light and other purposes.

A dresser which combines drawer space and a mirror helps to take care of two of the essential needs of a bed room—dressing facilities and clothes storage. Or, if two pieces are desired and available, a dressing table and a chest of drawers are a convenient combination. Mirrors should be so placed that the light falls on the person using them for dressing and clothes storage should be handily near.

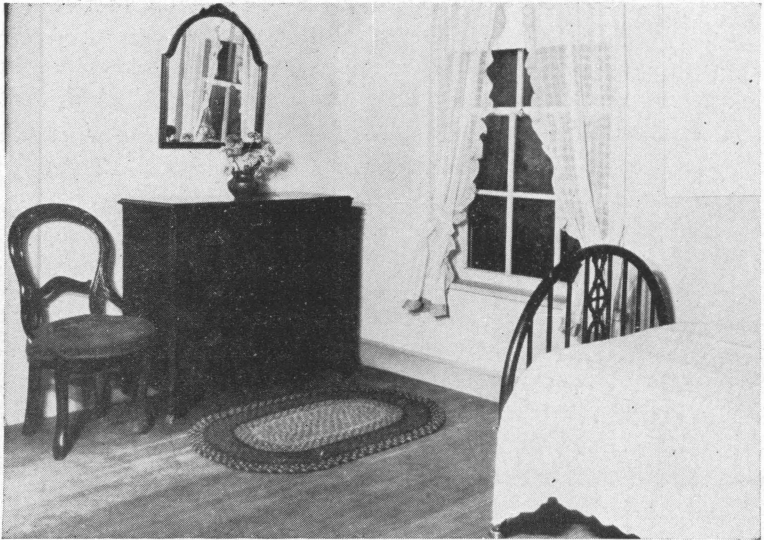
Storage Problems Solved

A well equipped clothes closet is a necessity for the proper care of clothes. The closet equipment need not be expensive—a pole hung just a trifle higher than one's shoulder for dress hangers, a shelf for hats which can be easily reached, a lower shelf for shoes where the clothing will not brush against it, and other shelves according to individual need and available space, these will take care of most daily clothes storage necessities.

Arrangement Important Too

Furniture in any room should be grouped near each other—for example, an easy chair placed near a table and a lamp form convenient study groups. The bed should be put where it will get plenty of fresh air. In general it is more restful to have the large pieces of the furniture placed straight with the lines of the room and not cat-a-corner fashion. Balance in the arrangement also helps to produce a sense of order—a heavy piece of furniture on one side of the room should be balanced by a corresponding mass on the opposite side. For example the dresser might be balanced by the writing table and chair.





Window Hangings

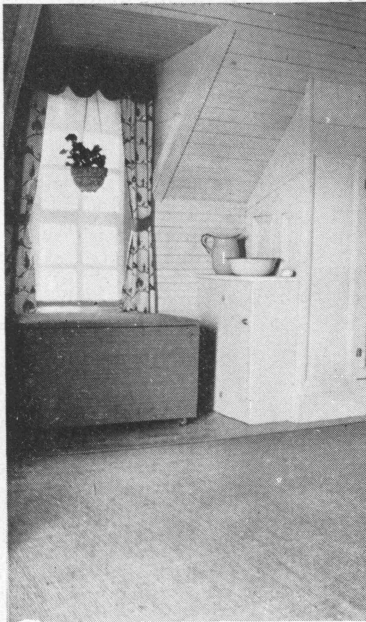
Curtains are very useful in securing privacy, subduing the light and softening the hard lines of the window frame. Often they are employed as the means of adding color and pattern and a home-like touch to the room, but the windows in a bed room should never be heavily curtained because this would interfere with the admission of light, air and sunshine. Simple glass curtains of material that will launder nicely are best. Dotted Swiss, scrim, dimity, grenadines, gauze and muslins are all suitable materials. The curtains may be hung in straight folds or pleats at each side of the windows or the tie-back ruffled curtains may be chosen and are equally as attractive and practical for a bed room. Two lengths of curtain materials are essential for each window in order to secure a pleasing effect.

In making glass curtains the selvage should be cut off and the sides hemmed. Three-fourths of an inch hem on the sides and three inches at the bottom gives a good proportion for straight curtains. The length of the curtain depends upon the room, the proportions of the window and the type of curtain selected, but a very practical length is to the lower line

of the apron of the window frame. Whatever length is used the line of the curtain should conform to some structural line of the wall.

Bed Room Linens

The necessary linens may add much to the beauty and comfort of a bed room and in choosing them remember that it is economy to have good quality. For sheets durable material and ample size pay in service for the extra cost. Their width may vary with the size of the bed but a length of three yards is necessary to tuck the sheet firmly under



the mattress and allow enough, in the top sheet, to fold back over the blankets for cleanliness. In making, to insure straight edges after laundering, sheeting should be torn, not cut. Plain machine stitched hems wear best and hems of equal width at both ends insure longer and more uniform wear as there is no distinguishing head from foot. Three inches is a pleasing width for the hems.

The comfort as well as the appearance of the pillows depends much on having slips

of the proper size. When measuring material allow $1\frac{1}{2}$ to 2 inches for fullness and nine to ten inches for length. Pillow tubing saves work in making and can be purchased in several weights and widths.

With colonial furnishings quilts are often used for bed spreads. In homes where the laundry problem is a difficult one the spreads of crinkled material and of unbleached sheeting with simple tufted design which may be stretched, dried and used without ironing have been found useful. The cotton coverlets, reproductions of the old fashioned ones and the India prints are colorful and attractive for winter time. But whatever style bed spread is chosen it should be of adequate size to cover mattresses, springs, and pillows.



Dresser scarfs are used primarily to protect the wood, but they may also be decorative. Linen is preferable for making scarfs, it wears and launders well and is beautiful. Deep ecru and natural colored linen blend in with the darker woods and harmonize with almost any color scheme. A scarf which fits the top of the dresser leaving the same amount of wood showing on all sides with a small amount of simple decoration beautifully done is the most suitable.

Towels constitute an important part of the bedroom linen. From the standpoint of health every member of the family should use individual towels. Good towels absorb moisture easily, are durable and launder well. If clean towels are furnished frequently they will not become so badly soiled and will therefore launder more easily and wear longer.

Taken all together the following minimum supply of linen needed for each bed room is suggested: one mattress pad, one fitted muslin mattress cover, four sheets for each bed, two pillow slips for each pillow, two bed spreads for each bed, two scarfs for each dresser, six face towels, four bath towels and four wash cloths for each person.

Bedding

Good bedding is warm, light in weight, easily cleaned and of sufficient size to cover the bed amply, blankets are usually considered the best available bedding, when judged by these standards. They can be purchased at moderate prices and also there are companies that make a specialty of manufacturing blankets from wool directly from the producer taking payment of the service in a percentage of the wool. The same concerns will usually make up battings for comforters on similar terms, and as a comforter is generally needed, in addition to blankets, for colder weather and to use for a light cover when lying down in the day time, it is well to remember this.

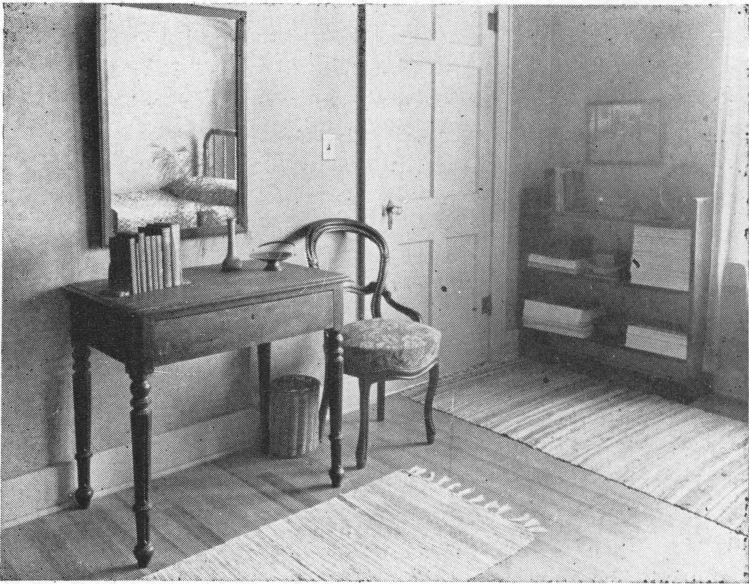
Pictures And Small Useful and Decorative Articles

A few pictures in a room may prove to be an inspiration and one has the opportunity to express personality in their selection and use. A picture may be chosen because of the ideas it suggests, or for its beauty in line and color, but it should always have some meaning to the person who lives with it. Pictures can be enjoyed more when hung low enough to look di-



rectly into them and it is better to hang them in relation to some piece of furniture thus making a unit. Space is also to be considered in relation to the size of the picture. And an invisible hanging is always more pleasing than the appearance of wires or cord, but if these must be used let them drop in a straight line from the molding to each side of the picture. Always hang pictures flat and not tipped out.

There are small useful and decorative articles which add to the comfort, convenience and charm of a room if used thoughtfully—books, a waste basket, a work box, a vase or bowl for flowers, a blotter and other writing table equipment,



and perhaps a cushion or two may be used to supply color, to express personality, and to give the room a lived in atmosphere. But it is always a mistake to clutter up a room with useless souvenirs or ornaments.

Care of The Room

A clean orderly room is necessary for hygienic reasons and it is also true domestic economy because everything wears better if given proper care. Daily care of the room should in-

clude airing the bed room and closet, arranging the clothing in order, (putting soiled clothes in a container for laundry) putting wash stand and dresser in order, making the bed, emptying the waste basket, sweeping or mopping (raising as little dust as possible), dusting with a soft cloth, and putting the lamps in good condition.

Once a week it is desirable to turn and sun the mattress, change the bed linen, take the rugs out of doors and clean them, sweep, mop and dust thoroughly, and clean the door knobs, mirrors and toilet articles.

Conclusion

Achieving a comfortable bed room is not an accident but the result of thinking, planning and working. No room in the house lends itself so fully to informal, original and interesting treatment. No other room offers such delightful opportunities for decoration as the bed room, every flower that blooms and nods its head in the garden from April to October holds in itself an individual suggestion for a color scheme. The old furniture which can be made lovelier than new; the greater comfort now possible with the newer types of mattresses and springs; the inexpensive materials which can be made into gay curtains, pillows and maybe rugs, all offer much chance for real fun in creating something interesting—something different for our “Bed Rooms of Comfort.”

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