

Bedrooms of Comfort



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THE first consideration in planning any room is its purpose.

Bedrooms 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, bedrooms should provide facilities for dressing, which include bathing arrangements, if these are not taken care of by a bath room, and the storage of clothes. An opportunity for quiet reading or study may be provided for also.

These Are Essentials of a Good Bedroom

There are four essentials which should be present in every bedroom if it is to fulfill its functions satisfactorily. First of all, it should be spotlessly clean, for cleanliness is



The four essentials of a good bedroom—cleanliness, fresh air, sunshine and a restful atmosphere—all are found in this room.



A wise selection of wall paper is that of an all-over pattern which appears to lie flat against the wall.

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 altogether in different combinations.

Sometimes 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 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 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 bedroom may be made to seem larger with light colored walls—cream or pale green, for instance. Again,

colors should 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. For grown-ups richer, deeper colors are usually preferred.

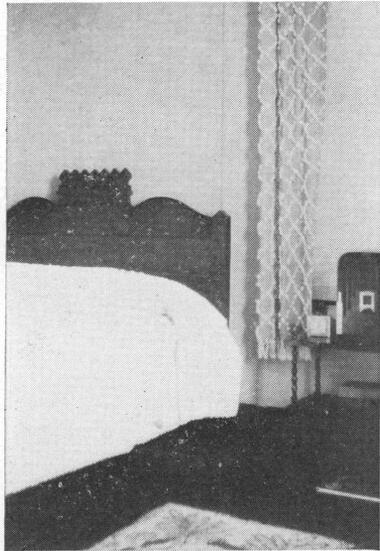
Neutral Colors Are Best for Backgrounds

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.

There Are Various Ways to Finish Walls

There are a number of satisfactory methods of finishing a wall. If painting is practical, two coats of a good interior semi-gloss finish in a suitable shade will make a simple appropriate background with a hard durable surface that can be cleaned easily.

Wall paper is, no doubt, the most widely used wall covering. 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 a pattern which has an all-over



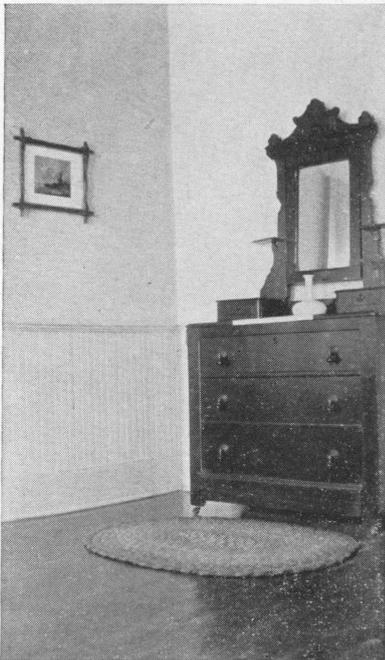
Small rooms may be made to appear larger with light colored walls.

effect, which appears to lie flat against the wall and does 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, inconspicuous and as light in color as the wall or lighter.

Study 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.



A smoothly finished floor with a braided rug adds to the attractiveness of this room.

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 in fairly good condition. For old worn floors two coats of good floor enamel will be more satisfactory. Waxing and polishing will add to attractiveness and durability.

A smoothly finished floor partly covered with rugs that can be taken outside for cleaning is quite satisfactory for a bedroom floor. Many lovely rugs can be made at home from material on hand. In

this way practical appropriate floor coverings may be had if the workmanship is good and if careful thought has been given to the colors. Such handmade rugs on a painted floor go far toward giving the room a homelike 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.

In furnishing, a good plan is to take stock of the furniture on hand, discard the useless articles and put in the best possible condition those which can be used. Often there are pieces of furniture of good material and design stored away that can be brought out, renovated and put into use again.



Furniture of good material and design that has been stored away may be refinished and put into use again.

Use Care in Selecting a Bed

Naturally the bed is the most important piece of furniture in a bedroom. 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 coil type is recommended on this account. The mattress should be firm enough to support the body, yet soft enough to conform to every curve and to the movements of the sleeper. The essential points to re-

member in the selection of a mattress are that it should be sanitary, elastic and made of good material with honest workmanship. It should not mat, become lumpy or have an odor.

Mattresses filled with a cotton felt made of interlaced long staple cotton fibres are 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 comfortable.

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

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

Two chairs are usually sufficient for a single bedroom, a



A table and chair unit for writing or quiet study adds to the attractiveness of any bedroom.

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 study or writing and should be placed so that the light falls over the left shoulder; sufficient artificial light should be provided for use at night.

Bookshelves which can be made at home of inexpensive material provide a

place for some favorite books and magazines. They should be placed conveniently near the writing table. A small table by the side of the bed is useful.

A dresser which combines drawer space and a mirror helps to take care of two of the essential needs of a bedroom—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 conveniently near.

Solve Storage Problems Now

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 needs and available space will take care of most daily clothes storage necessities.

Arrangement Is Important Too

Furniture in any room should be grouped. For example, an easy chair placed near a table and a lamp form a convenient study group. The bed should be put where it will

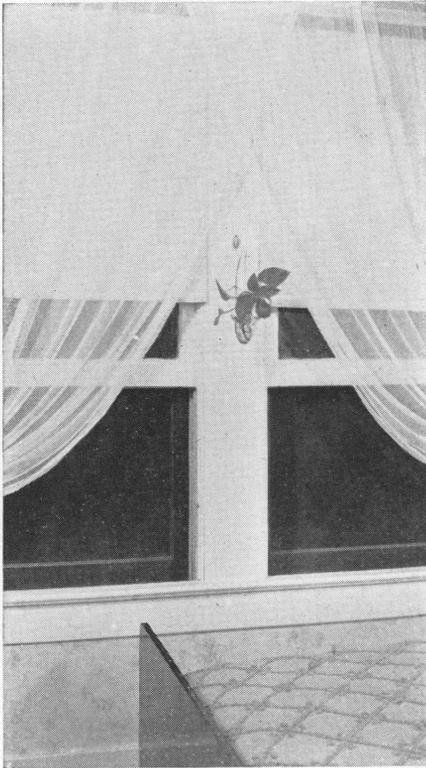


The clothes closet should provide ample storage space for clothing, hats and shoes.

get plenty of fresh air. In general it is more restful to have the large pieces of 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.

Curtains Have Their Uses

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 homelike touch to the room.



Simple glass curtains of material that launders nicely is most suitable for bedroom windows.

Windows in a bedroom should never be heavily curtained, however, 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. These are equally as attractive and practical for a bedroom. Two lengths of curtain material 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 give 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.

Have Plenty of Bedroom Linens

The necessary linens may add much to the beauty and comfort of the bedroom and in choosing them 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 recommended. This permits one to tuck the bottom sheet firmly under the mattress and it allows enough in the top sheet to fold back over the blankets for cleanliness.

In making sheets, sheeting should be torn, not cut, to insure straight edges after laundering. Plain machine stitched hems wear best. 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 de-



The use of a homemade tufted bedspread and curtains adds to the appearance of this bedroom.

pends much on having slips of the proper size. When measuring material allow one and one-half to two inches for fullness and nine to 10 inches for length. Pillow tubing saves work in making and can be purchased in several weights and widths.

Bedspreads Should Be of Adequate Size

With colonial furnishings, quilts are often used for bed spreads if they harmonize in color and pattern. In homes where the laundry problem is a difficult one the spreads of crinkled material and unbleached sheeting with tufted designs have been found useful as they may be stretched, dried and used without ironing. The cotton coverlets and reproductions of the old fashioned ones, are colorful and attractive for winter time. Whatever style bedspread is chosen it should be of adequate size to cover mattress, springs and pillows.

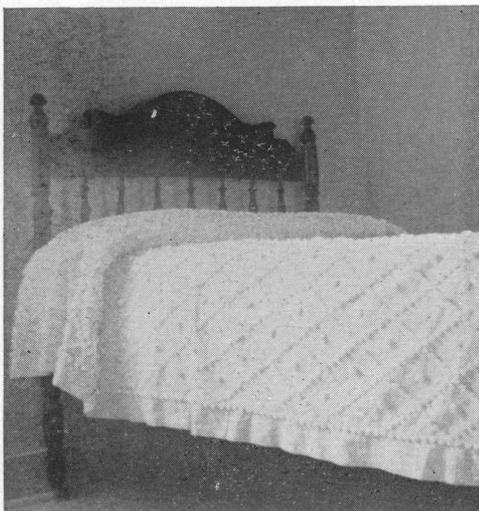


Natural linen and deep ecru colored scarfs blend in with the darker woods. A scarf which fits the top of the dresser is the most suitable.

Dresser scarfs are used primarily to protect the wood, but they may also be decorative. Any material or color may be used in dresser scarfs provided it harmonizes with other furnishings and if it can be kept clean and fresh. Linen makes desirable scarfs because 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. There is an advantage in having small towels as one can have more, they will not be used long and they are easier to launder.



Bedding should be warm, light in weight, easily cleaned and of sufficient size to cover the bed amply.

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

Select Good 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 sent them directly from the producer, taking payment for their services in a percentage of the wool. The same concerns will usually make up battings for comforters on similar terms.

A comforter is generally needed, in addition to blankets for colder weather.

Pictures and Small Articles Express Personality

A few pictures in a room may prove to be an inspiration and one has the opportunity to express personality in their selection.

A picture may be chosen because of the ideas it suggests, or for its beauty of 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 for the individual to look directly 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. An invisible hanging is always more pleasant 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 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 of flowers, a blotter and other writing table equipment. Perhaps a cushion or two may be used to make a chair more comfortable or to supply color. Such articles may also express personality, and give the room a lived-in atmosphere. It is always a mistake, however, to clutter up a room with useless souvenirs and ornaments.



The arrangement of bedroom accessories expresses the owner's personality.

Care for Room Properly

A clean orderly room is necessary for hygienic reasons, and it is more restful, too. It is also true domestic

economy because everything wears better if given proper care.

Daily care of the room should include airing the bedroom 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; sweeping or mopping—raising as little dust as possible; dusting with a soft cloth; and putting the lamps in good condition.

Once a week the mattress should be turned and sunned; the bed linen changed; the rugs taken out of doors and cleaned; the room swept, mopped and dusted thoroughly. The door knobs, mirrors and toilet articles should also be cleaned.

Consider These Things

Achieving a comfortable, pleasing bedroom is not an accident but the result of thinking, planning and working. No other 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 bedroom.

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 new 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 “bedrooms of comfort.”



A comfortable, pleasing bedroom is the result of careful planning and working.

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