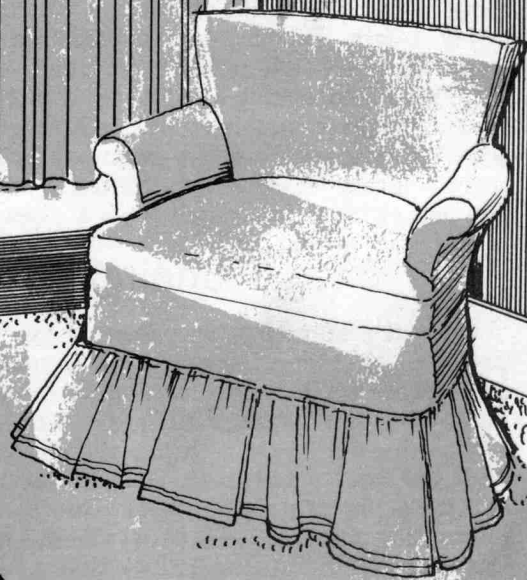
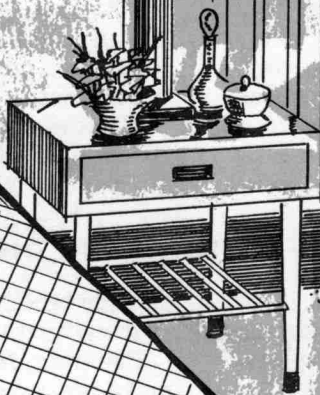
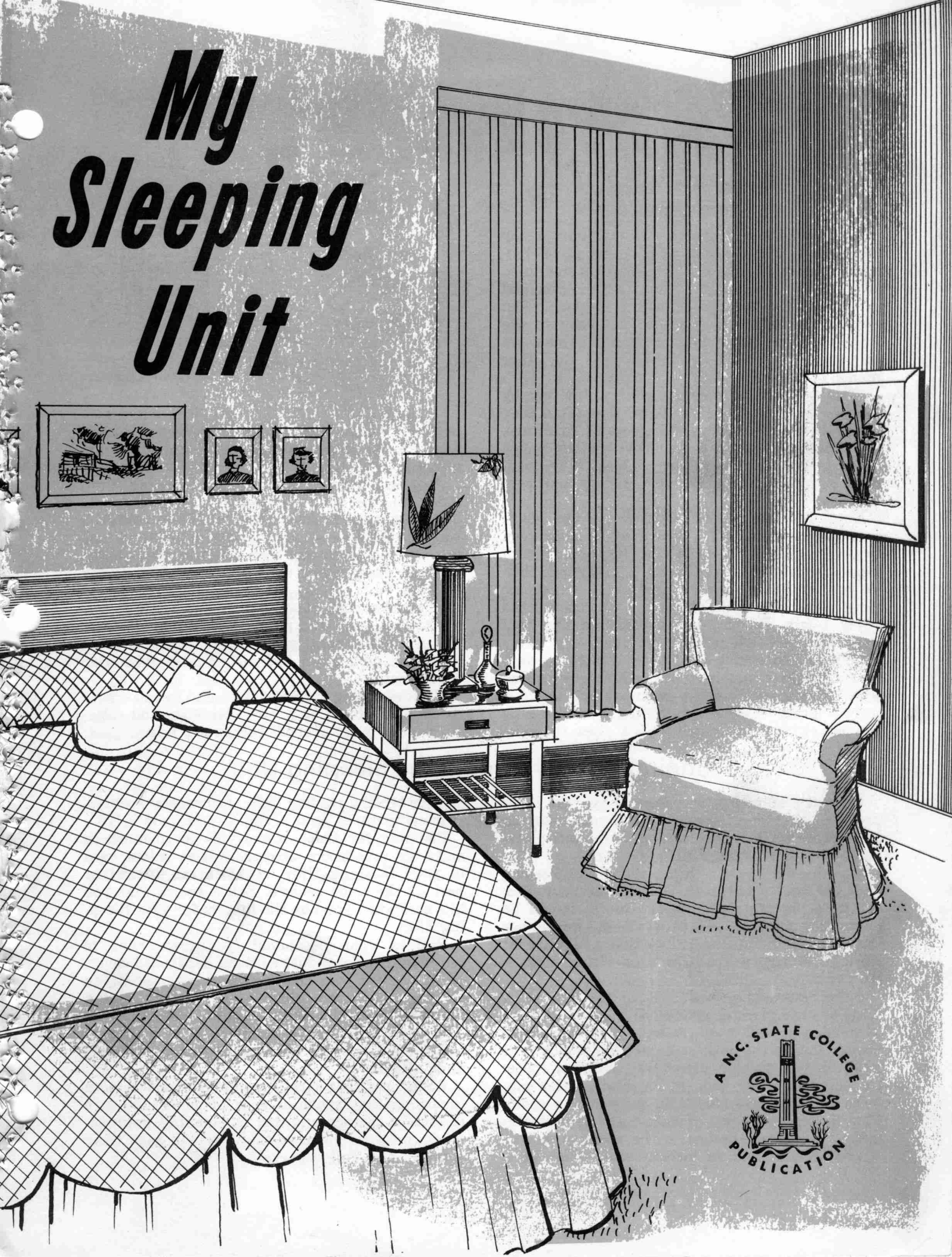


My Sleeping Unit



My Sleeping Unit

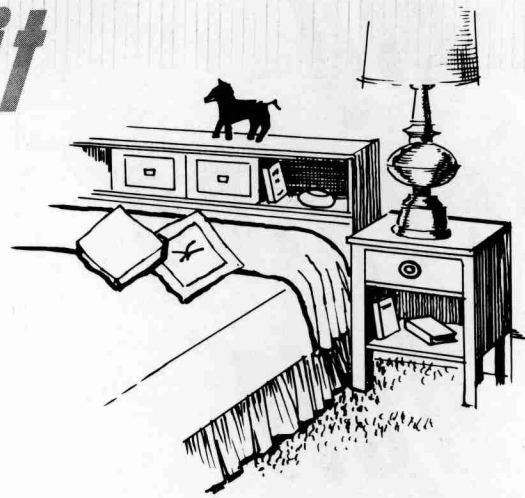
Josephine B. Cusick
Home Development Specialist

Let's talk about bedrooms! Eight hours a day for life is a long time to spend in one place. Yet, most of us can expect to spend at least one-third of our lives in our bedrooms. Then, if you add to this the time you might spend in your room reading, 'riting, and relaxing, it's easy to see how well worth your while it is to make this room as completely livable and inviting as the other rooms in your home.

Time was when bedrooms were uninviting by day and uncomfortable by night. Too often they served as a catch-all for odd pieces of furniture, and they had little in common with other rooms in the house. What a happy contrast is the bedroom of today! It has comfort, beauty, and convenience.

Your bedroom is the one room in the house that you can make as individual as your own signature. If your head is filled to popping with ideas and plans that you'd like to carry out, then let your bedroom improvement be an outlet for those plans and ideas. Here you can use all the lovely colors, fabrics, and accessories that you would like so much to have for your very own.

Is your bedroom a place you can go to day-dream, to read a good book, or to sew a fine seam? Every girl needs a room of this kind—a room you can call your very own, a room in which you can enjoy privacy and have a place for your



personal belongings. If your bedroom doesn't measure up, then let's start making plans to improve it.

A good starting place is the Sleeping Unit. After all, the main purpose of a bedroom is to provide a place to sleep. Restful sleep is nature's way of restoring energy to tired minds and bodies. Growing girls and boys need nine to 10 hours of sleep every night in order to work and play at their best.

A comfortable, clean bed is important if you are to feel fresh and rested each morning. Good posture and general good health depend a great deal, too, on a good bed and the right bedding equipment.

Besides being comfortable and clean, your Sleeping Unit can be a very attractive and colorful part of your over-all bedroom scheme.

Planning and Arranging the Sleeping Unit

Careful planning is necessary if you are to be proud of your Sleeping Unit. Study your bedroom and decide on the best arrangement and placement of your Sleeping Unit.

Planning for Space—"What should my Sleeping Unit include?" you may ask. Well, your bed, of course, is the major item. But it should be placed for comfort and convenience. Remember that easy bedmaking requires that you leave at least 18 inches of free space on either side of the bed.

Place your bed so that you do not sleep in a draft or have glare in your eyes. If your bedroom is small, you will want to be especially careful about placing the bed in a position which will make the best possible use of wall and floor space. Do not place your bed, or for that matter any piece of furniture, across the corner of a room. This is very poor use of space, and it will also make the over-all design in the room poor.

You should plan to include such items as a

bedside table, a reading light, a comfortable chair, pillows, pictures, and a rug.

Planning for Color—Color can do so much to make your bedroom attractive. The colors used in your Sleeping Unit will form an important part of the color scheme. Select colors that you like best when you buy the fabrics for your Sleeping Unit.

Besides your bedspread, you may want to select fabrics for a dust ruffle, a headboard cover, or a cover for your chair or chair cushion. If you choose a patterned fabric, be sure it is a design that you like and that you will enjoy living with. You might find that a combination of a pattern and a solid color in the fabrics will add variety and interest.

Remember that careful planning is much more important than spending a lot of money. Be sure to include mother and dad in planning improvements for your room so that you will have their interest and full cooperation.

How to Select and Care For . . .

Bedstead—A good bedstead should be strong. It should not creak or sway. And no less important, it should be easy to dust and clean.

Slats—You will need four slats for each bed. Be sure they are strongly made. Space them evenly on the bedstead so they will support the weight of the springs and mattress correctly.

Mattress—A mattress is one household item that will last for many years, if you select it carefully and give it good care.

There are three types of mattresses. The construction and type of filling determine the softness or firmness of the mattress.

(1) *Innerspring mattresses* are built like a sandwich with insulating material and padding on both sides of the spring. The springs may be individually cloth pocketed or wire tied. Insulating material is used to keep the upholstery from working down into the springs and to keep you from feeling the springs under the surface of the mattress. This material may be metal bands, or wires, wire mesh, cotton netting, or quilted pads. Upholstery may be of felted cotton, foam rubber, curled hair, or rubberized hair.

(2) *Foam rubber mattresses* are made from latex, or natural rubber, or from synthetic rubber which have been whipped into a foamlike substance. Good foam rubber mattresses are at least 4½ inches thick.

(3) *Solid upholstered mattresses* are of two types: (a) Curled hair and rubberized hair. These make a very fine mattress. (b) All cotton—The best grades are filled with cotton which has been felted into layers. Less expensive ones have been filled with blown fibers with felted layers above and beneath or filled entirely with blown, short cotton fibers.

The standard double bed size mattress is 74 inches long by 54 inches wide. Thirty-nine inches per person is the width recommended for most comfort.

Here are some hints on mattress selection:

● Buy the best mattress you can afford. It's good economy in the long run.

● Mattress and springs should be bought at the same time. If you place a new mattress on worn-out springs, you shorten the mattress life.

● Check the ticking for closeness of weave.

● If it is a tifted mattress, button or tape tufts are preferred.

● Make sure the borders are reinforced so they will not sag or break down.

● On innerspring mattresses, make sure the handles are sturdily attached. Cord, steel, or plastic handles are preferred. Be sure the innerspring mattresses have the ventilators which will air the inside of the mattress.

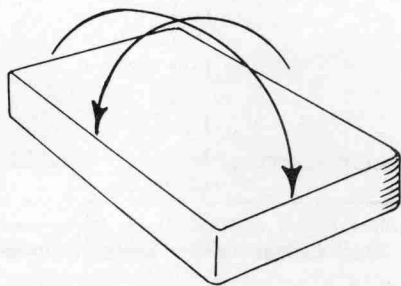
● Look for tape edges (sewing machine stitching with tape around the top and bottom edges of the mattress). Roll edges (round filled edges around a mattress on top and bottom) are used on less expensive mattresses.

If you have selected a good mattress, you will want to take care of it. Good care lengthens the life of any mattress. You should sun and air the mattress regularly. Just place it flat, directly in the sun's rays. Turn it over several times during the day.

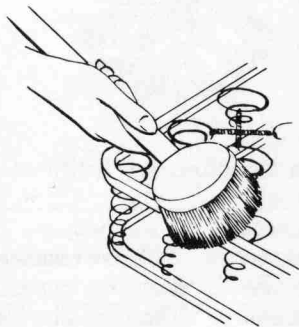
An innerspring mattress should be turned regularly, end to end one time and side to side the next. Dust the mattress at least once a month with a stiff brush or a vacuum cleaner attachment.

Be sure to use a mattress pad. It not only keeps the mattress clean, but it adds to the comfort. Mattress pads may be bought or made in the home. In fact, clean, old quilts may be used.

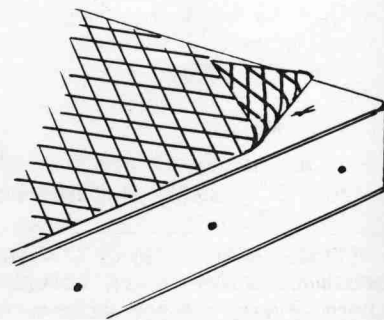
To protect the mattress on its underside, place a large piece of oilcloth, smooth side down, between the slats and the springs. This will help keep dust from gathering on the underside of the mattress.



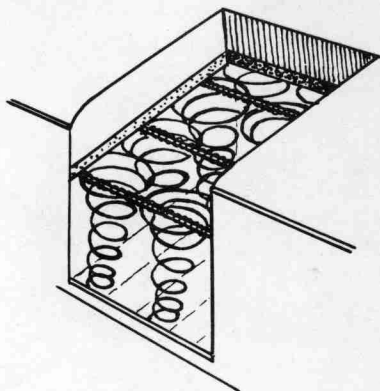
Turn Mattress Regularly



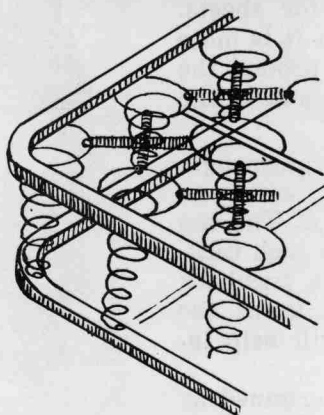
Springs Should Be Dusted



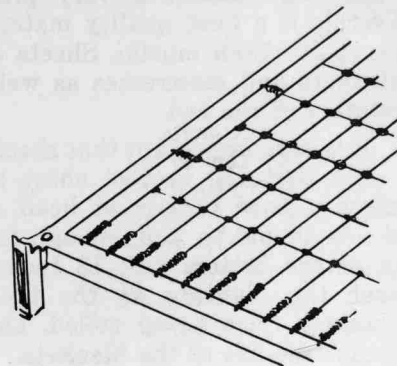
A Pad Protects Mattress



Box Springs



Metal Coil Springs



Flat Springs

Springs—There are three general types of bed-springs.

(1) *Boxsprings*—The coils are mounted on a wood base and the top is upholstered cotton felt or hair covered with ticking to match the mattress. Coils are tied to each other, to the base, and to the border with a special twine or wire.

(2) *Metal coil springs* are similar to box springs, but they are not upholstered.

(3) *Flat bed springs* are made of metal strips or wires which run lengthwise the frame and are attached to the ends. These inexpensive springs are usually found on cots.

A cover for a wire spring is a wise investment. It protects the mattress from tearing on the rough edges of the springs and from rust stains. It prevents dust from collecting and helps keep out cold air from the floor. You can use a closely woven material or cut an old quilt proper size and bind the edges with bias tape. Dust the springs frequently with a stiff brush or a vacuum cleaner.

Pillows—A good pillow should be light. If two pillows have the same size and plumpness, the lighter one will be the better. A pillow should also be springy. The more completely it rebounds when pressure is released, the better the pillow. Its ability to hold the weight of the head, its buoyancy, should also be considered. It should be free from odor, dust, stiff feathers, and lumps. And, it should be covered with a closely woven ticking.

There are many fillings for pillows. Down pillows are filled with the soft undercoating of waterfowl. Waterfowl feathers from geese or ducks are springy and fluffy. Landfowl feathers from chickens or turkeys are inferior to waterfowl feathers. Foam rubber pillows should have the same qualities as a good foam rubber mattress. They are especially good for people who are allergic to feathers.

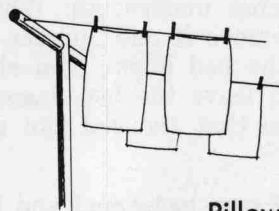
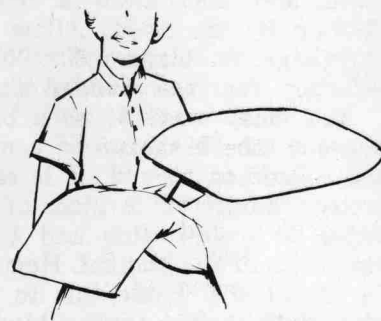
But the best pillow filling is a combination of down and waterfowl feathers. All down pillows will lack the springiness of one combined with waterfowl feathers.

To test the pillow you now have, hold it on your outstretched fingertips. If it holds its shape, it is still good. But if it droops, it needs replacing.

Air your pillows out of doors as often as possible. Be sure to keep them in the shade. Air them at least once a month.

To prevent soiling the pillow, it will be wise to use a fabric pillow cover underneath the pillowcase.

Test Your Pillow



Pillows Need Airing

Pillowcases—Because pillows vary in size, you must be careful to get the right size pillowcase. Measure the length and width of your pillow. The case should be one to 1½ inches wider and six inches longer than the pillow.

Sheets—It pays to buy good quality sheets or to make them from good sheeting material. In selecting sheets or sheeting, look for a smooth, even weave that does not contain a lot of starch or weighting. Muslin is very practical for sheets. Percale is a finer quality material, but it is more expensive than muslin. Sheets should protect the blankets and mattresses as well as to add to the comfort of the bed.

It is very important that sheets be large enough.

See that the bottom sheet is long enough to allow a good tuck-in at head and foot. The top sheets should be long enough for a six inch tuck-in at the bottom and 18 inches for a turnback over the blankets at the top. This keeps the blankets from being soiled, and it will help increase the life of the blankets.

The size of the sheet should be determined by the size of the mattress. The average sheet is 108 inches long.

Get sheets 63 inches in width for single or twin beds, 72 inches in width for three-quartered beds, and 81 or 90 inch widths for double beds.

If your present sheets are too short, you can get some material and piece each sheet to make it 108 inches long. This is a very simple and inexpensive project.

Blankets and Comforts—Warmth, durability, and light weight are the three desirable qualities in blankets.

A blanket will wear much longer if it is the proper length.

To get the proper length, measure the length of your mattress. Add the thickness of the two sides, and then allow a few more inches for take-up by the body. Allow several inches for shrinkage. A blanket 80 x 90 inches will be satisfactory for the standard sized double bed.

You may want to use a blanket protector to prevent the blankets and comforts from becoming soiled on the end. It is easy to make a protector. Simply cut a piece of closely woven material 20 inches wide and $\frac{1}{2}$ inch longer than the width of the blanket. Hem the four sides with $\frac{1}{4}$ inch hems. Baste this to the top end of the blanket like you'd apply a binding, with 10 inches on the top and 10 inches underneath. When it becomes soiled, just remove it and launder it.

When you change the bed linens, you should open the windows and leave the bed uncovered for an hour or two so that the bed can get a thorough airing.

Bedspreads—Make a new bedspread and bring charm and color into your room. Pick a pattern or color that you like. If it has an unusual weave or texture, so much the better. But be sure you get color-fast, sun-fast, shrink-proof material. Then stitch up your spread in a style that suits the bed and the room.



This attractive bedspread is made of chintz. The dust ruffle matches the padded headboard.

If you keep your bedspread style simple, it will make your cleaning and bedmaking easier. You will find that plain, tailored bedspreads are very good looking and easy to handle. If you prefer ruffles, attach a dust ruffle to a rod on the side rail of the bed or to a piece of cloth that is placed between the mattress and the springs. Then place a simple cover in matching or contrasting color over the mattress.

Accessories—A bedside table is most useful. You can put a lamp and other small articles you want to have near your bed on it. The covering for this table should be in harmony with the other furnishings in the room.

Use a pair of pin-up lamps over the bed or choose a table lamp that will give good light for reading. A simple lamp shade with a white lining will give the greatest light reflection. Don't damage your eyes by trying to read in bed with a poor light.

Place a comfortable chair near the bed so you will not have to sit on the mattress. If you make a habit of sitting on the edge of the mattress, it will sag and break down.

For an added touch of interest and color, you may want to make pillows out of your bedspread material to place at the top of your bed. You can also use a material which will contrast with the color of the spread.

A picture or pictures over your bed can be a very attractive addition to your room if the pictures are well chosen. Select pictures that are appropriate for a girl's bedroom. Choose colors that blend with your over-all plan.

And don't forget a rug. An inexpensive, washable cotton rug will add color and help complete your Sleeping Unit.

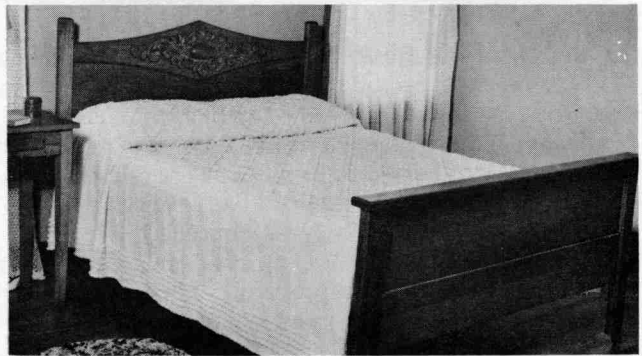
Modernize Your Old Bed

In this modern day, the old beds of iron, brass, or elaborately carved wood seem very much out of place. So, now may be a good time to cut down your old. By cutting off the useless, overpowering part of the old bed, you modernize its appearance and have less to dust and move about. The glued-on decoration, the extra weight and height will be missed only with a sigh of relief.

On many old beds, the foot piece is high enough to be used as a headboard. A coat of paint and a refinishing job may be all you need to turn the old bed into a new one.

Here's what a little work can do. You know that a headboard will dress up your bedroom. All you need is a little imagination and you can convert a mattress and springs on legs into an attractive bed with an unusual headboard. It could be fun to plan your entire room around an inexpensive headboard of your own design.

Cover a board, or a piece of plywood with fabric, plastic, or wallpaper and enclose it in a picture-frame moulding. If you use fabric, just tack it down so you can remove it later for laundering. You can get a very nice effect by putting padding behind the fabric. Nail-on buttons covered with fabric will give the job a professional look. If you are cramped for space and have no room for a bedside table, the built-in headboard may be just the answer to your storage problem.



This bed once had very high head and footboards. They were cut down to make a newer-looking bed.



Fitted casings on head and footboards give a new look to an old iron bed.

Things To Do

(1) Take a picture or make a sketch of the Sleeping Unit before and after improvement.

(2) Arrange furniture according to your plan.

(3) List needed improvements in the sleeping area in the order in which they are to be made.

(4) Select and complete three of the following jobs: (a) Make, remodel, or refinish a bedstead

or a bedside table; (b) Buy or make a rug, a mattress pad for the bed, or a bedspread; (c) Learn to make a bed correctly; (d) Select and place accessories, such as pictures, lamps, bed pillows, etc.; (e) If necessary, lengthen sheets to measure 108 inches; or (f) Buy a mattress and springs if needed.



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