

4-H
Home Furnishings
Manual II

A PLACE TO CALL MY OWN

Projects

- 1. A Place to Call My Own to Read and Study**
- 2. A Place to Call My Own to Store**
- 3. A Place to Call My Own to Dress**
- 4. A Place to Call My Own to Sleep**
- 5. A Place to Call My Own for Recreation**

A Place to Call My Own

Introduction

Hi! It's good to know that you are interested in *home furnishings*. There are so many things young people can do to make their homes more comfortable, convenient, and colorful.

If you are like most of us, you would like to be able to say, "I have a *place to call my own*—to read and study, to store, to dress, to sleep, and for recreation." Would you? You will find these five areas presented as projects in this manual. Look them over and select the one that would mean the most to you and your family. You may carry all the projects in one year if you wish.

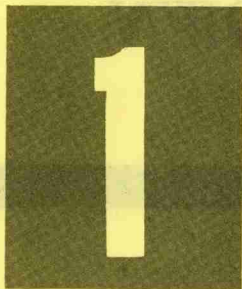
In these projects you will have the opportunity to learn about principles and materials involved in making homes more attractive, convenient, comfortable, and colorful. You will have an opportunity to establish values, set goals, develop skills, and appreciate your home.

RECORDS

To complete a project, study the requirements and complete the minimum number. After you have finished, write a report giving the information asked for under the heading, *For the Record*, at the end of each project. The *4-H Record*, 4-H R-1-8, should be completed and attached to your report.

AWARDS

Personal satisfaction is one reward for your progress. Also, certificates are awarded to individuals upon completion of the project. Certificates are given to county, district and state winners, also.



A Place to Call My Own to Read and Study

Home Furnishings Project 1

PURPOSES

The purposes of this project are:

- To make you aware of the importance of an interesting and organized place to study and to keep personal school materials.
- To help provide a place for concentration, free from interruptions.
- To learn more about the best lamps for study—those that give adequate quantity and quality of light, thereby preventing eyestrain.
- To develop skills in improving and supplementing home lighting.

REQUIREMENTS

1. Plan a study area and make a scale drawing of it.
2. Arrange furniture and accessories you now own, according to the plan.
3. List articles and furniture needed.
4. Plan things you want to buy new, make, or renovate such as study lamp, pin-up board, bookends, lamp, book shelves, wastebasket, or blotter ends.
5. Plan things you want to buy new, renovate,

or make (chair, table, picture frames, or bookcases).

6. Complete these three jobs:
 - a. Renovate, remodel or select a chair, table, picture frame, or bookcase.
 - b. Refinish furniture in area, or paint to carry out the color scheme.
 - c. Select or make three of the following items: pin-up board, drawer dividers, wastebasket, bookends, blotter holders, pictures for study area, or a good reading lamp.

DECIDE WHAT YOU NEED

In this project, you may arrange a grouping of furniture and accessories for study or for a business center. If you are to share this space with others you will want to consult them when making plans.

Every girl and boy needs a comfortable, attractive study center. You may wish to make a study center in your own room. Before you decide where to put your study center, ask yourself these questions:

- Is there enough space in my own room?
- Is there heat?
- Would it be better to study in some other room?
- Where would the light be best?
- Is there adequate storage space for books and supplies?

Studying often means a great deal of reading. An easy chair, footrest, adequate light, and a table or bookcase nearby for reading materials may be something you and your family would enjoy.

When you have decided what you are going to do, look over the things you have. Some pieces can be used as they are. Some things you can make or remodel. There are some articles you may wish to purchase to complete a satisfying unit.

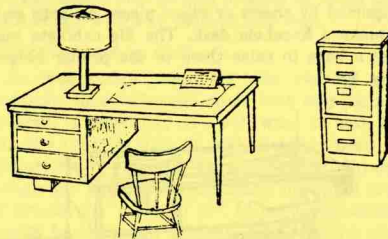
Here are some suggestions.

DESK

Qualities of a Good Desk or Table

A suitable desk or table is the basis for a desirable study or business unit. You may have a desk or study table around the house that could be used. If not, look in the second-hand stores. You can make a useful desk or study table from an

old piece of furniture, and a little paint or a refinishing job will give it new life.



- Several qualities to look for in a good desk are:
1. Comfortable height. There is no definite "correct" height, so see that it fits you.
 2. Adequate top surface. The desk should not be less than 20 inches wide.
 3. Light-colored, non-glare top. A dark surface steals light and a glossy desk top produces a glare. A dark or glossy top can be covered with a blotter of any light color. If you are refinishing a desk or making over an old piece of furniture, use a dull finish.
 4. Flat desk top. A flat top is easier to light and gives more work space.
 5. Sufficient knee room.

Ideas for Making a Desk

1. A sturdy table with at least one drawer can be a splendid beginning for a desk. Attach a bookcase of the same height as the table to one or both sides. (Fig. 1)

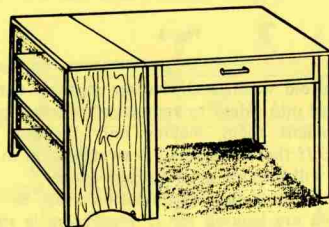


Fig. 1

2. A piece of $\frac{3}{4}$ -inch plywood or a flush door placed over a chest, file cabinet, or bookcases can make a good desk. A desk of this type may be supported by chests or other pieces on both ends to make a kneehole desk. The file cabinets may need a base to raise them to the proper height. (Fig. 2)

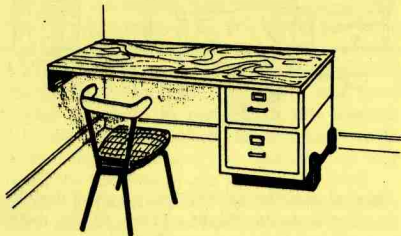


Fig. 2

3. A window sill, if it's the right height, or legs that can be screwed on may be used for an end support. (Fig. 3)

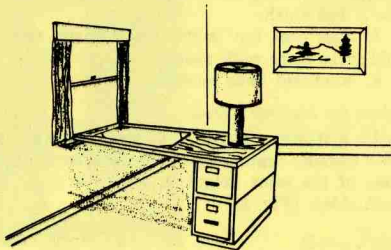


Fig. 3

4. An old washstand, dresser or table can be converted into a desk by removing the lower parts for kneehole room, leaving only the legs for support. If there is a small drawer section to one side, it will provide good storage space.

5. A dresser-desk combination may be just what you are looking for if your room is small. (Fig. 4) You can design your own and have it made. One girl remodeled an old buffet to make a dresser-desk.

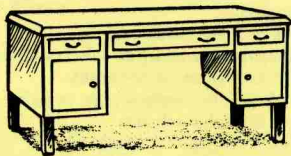


Fig. 4

CHAIRS

Choosing a Desk Chair

A desk chair should be the correct height for good posture. It should be comfortable when you sit with your spine against the back and your feet flat on the floor. Also, your eyes should be 14 inches above the working area. If the chair is too high, saw off the legs.

Select a comfortable chair for your study or business unit. An inexpensive kitchen chair may be used by making a few repairs.

Repairing Chair Seats

You may have a chair that is in good condition except for a worn-out seat. The bulletin, *Caring*, H. E. 35, could guide you in this work.

If your chair has a board base that can be removed, it is simple to tack on a new cover. If it doesn't, cut a pattern exactly the size of the seat frame. Trace the pattern onto a piece of plywood or masonite, then cut the seat out $\frac{1}{2}$ inch inside the pattern line. Pad the seat board and cover with fabric, tacking the material to the underside of the seat. Fasten it to the frame with four screws from underneath through the holes already in the frame.

Remodeling a Chair

If you have a high-back chair, you may wish to modernize it by reducing the height a few inches. High knobs above the back may be sawed off.

Making a Covered Seat Pad

A cushion can be a simple solution to the problem of making a chair higher.

You may add color, interest, and variety to your study unit by making a seat cover or pad and back for your chair. The color of the fabric,

as well as the texture for the seat cover, should suit the color of the frame and harmonize with the other room furnishings.

Sturdy cottons are excellent for seat covers or pads. If you want to use a plastic material, be sure it has a fabric back. Plastic without a fabric back will not hold machine stitching and often will split at the corners.

1. Making the pattern is the first step in making a seat cover. First, fold a piece of paper into four equal quarters. Then place the folded corner in the exact center of the chair seat. (Fig. 5) Press the paper down around the edge of the seat bottom and mark the impression. Mark $\frac{1}{2}$ inch around the edge for seam allowance. Then cut out the pattern.

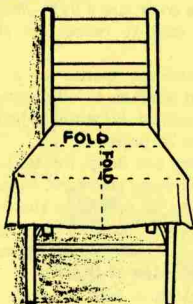


Fig. 5

2. To make a boxed pad, use the pattern and cut out a top and bottom piece for the cushion. Measure around the edge of the pattern for the length of the boxing strip, allowing one inch for seam. Cut the strip two inches wide for a pad one-inch thick (one inch is allowed for seams). If you wish to have a thicker pad, cut the strip wider, allowing one inch for seams. Sew the boxing and seat together with a $\frac{1}{2}$ -inch seam. The lower back seam is left open to fill the cushion. Corded seams may be used.

If you are going to use foam rubber to fill the cushion, it is usually best to cut the shape slightly larger ($\frac{1}{4}$ to $\frac{1}{2}$ inch) than the area to be covered.

If cotton is used, shape layers of cotton to fit the seat and place inside folded newspaper and slide it into the opening at the back of the cover. Remove the paper and work the cotton into the corners. The cushion should be filled firmly. Test by placing the cushion on the palm of your hand.

If it droops, it needs more filling. If it holds its shape, stitch the opening closed.

The cushion may be held in place by using loops with snaps or ties of twill or bias tape.

Chair for Reading Unit

A comfortable chair for the reading unit, probably an upholstered chair that may be slip-covered, is something you will want to find. Unless the chair is new, it will probably need improvement. If you wish to upholster or slipcover a chair for a reading unit, a carefully fitted cover of pre-shrunk material cut in separate sections is easy to make and launder. You will find these bulletins from the office of your county home economics Extension agent helpful: *How to Upholster Overstuffed and Occasional Chairs*, University of Missouri Circular 690, and *Decorating With Slip Covers*, H. E. 20.

Ottoman, Hassock or Footstool

An ottoman, hassock or footstool about the same height as the chair adds to comfort and relaxation. You may wish to recover one or pad a frame or box to make one.

BOOKCASE, SHELVES OR MAGAZINE RACK

Storage space is needed for books and supplies for your activities. Bricks and boards may be arranged to make an attractive and useful bookcase. Metal stripping may be used on the wall to form adjustable book shelves which can be raised or lowered to fit books or ornaments of any size. (See *A Place to Call My Own to Store* in this manual.)

A step shelf on a wide table might be used for a book support and would give additional surface for a clock and others things. (Fig. 6)

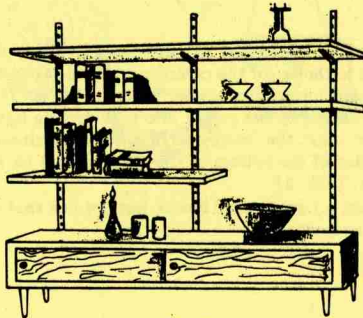


Fig. 6

ACCESSORIES

The finishing touch for your unit will be in the accessories that you use to give it warmth and personality. Many of the objects will be useful as well as decorative, but leave enough surface clear so that there will be plenty of working room on the desk.

Some accessories you can make are given in *Start With a Small Change, Manual I*, 4-H C-17-6. Here are some others:

A *bulletin board* may serve several purposes in your room. It can be used to display photographs, pennants and souvenirs. As a light-colored board on a dark or figured wall behind the desk, it can be used to improve the desk lighting.

A *light-toned blotter pad* adds to eye comfort and sight safety. You may decide to make a pad to protect the edges and corners of the blotter. A blotter pad for a small desk measures 12 by 19 inches and for larger desks 19 by 24 inches. You may make blotter ends from strips of drapery fabric, slip cover material, leatherette or self-adhesive plastics. You have a chance to repeat colors and fabrics.

Bookends are easy to make. There are two types of bookends: those that are heavy enough to hold books with their own weight and those that hold books because of the weight of the books on the base of the bookends. Good bookends are fairly expensive, but inexpensive metal bookends can be found in a dime store or you can put a fabric cover on bricks.

A *wastebasket* is necessary for a neat work area. Place a wastebasket near the desk or study table for convenient use. Select one that is sturdy and harmonizes with the furnishings.

Letter holders and *pencil holders* can be made to match other desk accessories. You can also stick pencils in pottery containers.

Files of important school, club and business papers need to be kept where they can easily be located. You may be able to arrange a drawer with partitions or boxes. A ready-made file may be purchased or you may make one from a large corrugated box.

Select a box with measurements between 10 to 15 inches for height. The length can vary depending on how much you wish to file. Folders may be purchased to separate material in each section. A cover can be made and hinged with a strip of tape, and fastened with a button and loop.

Bulletin boxes keep reference materials handy.

Stiff cardboard can be used and cut in one piece.

Cut the body of the box in one piece. See Fig. 13. Mark with dull-edged knife the four places to bend as indicated by dotted lines. Hold the marked edges firmly and bend to a right angle over the edge of a table. Paste together the lapping ends a and b with glue. Make the bottom board of plywood. Cut $6\frac{1}{4}$ inches by $2\frac{1}{2}$ inches and fasten the sides to bottom with small tacks or nails. Finish with paint or paper.

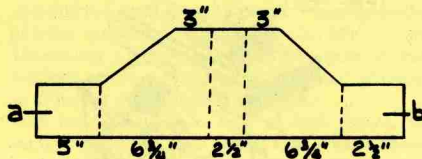
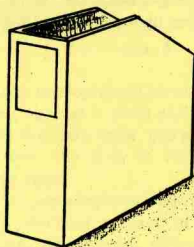


Fig. 13

FOR THE RECORD

On looseleaf notebook paper write a report giving the information listed below. Turn this in with the *4-H Record* (4-H R-1-8) to your 4-H home furnishings leader, your 4-H Club leader, or your home economics Extension agent.

1. Give an outlined plan of your project according to project completion requirements.
2. List the activities that you carried out. What furniture or furnishings did you make or buy new? What old furniture or furnishings did you use? What did you do to each item to make it usable?
3. How much did your project cost?
4. What did you enjoy most?
5. Who helped you most in this project?
6. What did you show and tell? To whom?
7. Did you help others? Whom?

8. What do you plan to do next in your 4-H project work?

How to Select a Good Study Lamp
How to Select an Incandescent Bulb for a Lamp

PLACES TO VISIT

Furniture factories Office supply stores
Furniture stores Power companies
Homes of members who have study centers
Homes of friends who have study centers

DEMONSTRATIONS AND ILLUSTRATED TALKS TO GIVE

Correct Posture for Studying
How to Arrange a Desk Drawer
Where to Place a Desk
How to Finish Wood
Kinds of Study Lamps
How to Plan a Study Area
Kinds of Book Shelves and Racks
How to Make an Inexpensive Desk

REFERENCES

The following publications can be secured from your county home economics Extension agent:
Color, Texture and Design in Space—A Basic Manual for the 4-H Home Improvement Program
Refinishing Furniture, Using a Penetrating Seal, mimeographed
Refinishing Furniture at Home, mimeographed
Antiquing Painted Furniture, mimeographed
Start With a Small Change, Manual 1, 4-H C-17-6
Pamphlets can also be obtained from power companies.

2

A Place to Call My Own to Store

Home Furnishings Project 2

PURPOSES

The purposes of this project are:

- To become aware of storage needs and the importance of storage to good grooming and care of personal garments.
- To develop skills in planning improved storage.

REQUIREMENTS

1. Draw to scale the storage space before and after improvements are made.
2. Make plans for storage.
3. Build in shelves, rods, shoe racks, and hooks.
4. Complete three or more of these jobs:
 - a. Make or select shoe racks, shoe bags, laundry bags, storage hat boxes, and dress covers.
 - b. Paint inside closet.
 - c. Use door space as well as space inside closet.
 - d. Provide drawer space in addition to your closet.
 - e. If there is no closet in your room, plan and build one.
 - f. Refinish closet floor or cover it.

DECIDE WHAT YOU NEED

Each individual wants a compact, comfortable, convenient, and beautiful bedroom. Proper storage facilities help make this possible, so there will be "a place for everything and everything in its place."

Space is needed to store clothing, accessories, and other personal possessions. For these items, well-arranged closets, chests of drawers, and storage nooks should be provided.

Good storage has much to do with one's appearance and poise. Girls and boys who keep their clothes in order will have a neater appearance. Clothes will look better and last longer.

CLOSETS

Making Closets Up to Date

All bedrooms should have a clothes closet. The musty, dark, space-wasting closets in many older houses should be improved to make them compact, light, and airy. Sturdy racks, rods, and shelves may be added easily and inexpensively.

Closet Requirements

Different types of clothing are usually kept in separate groups according to size, length, and material. This makes it possible to set up general standards for the various kinds of storage needed. For example, clothes on hangers, even heavy coats, can be hung in a closet 24 inches deep. So 24 inches is the minimum depth recommended for storage areas in which clothes will be hung. A 12-inch shelf will hold most hats, folded garments, shoes, and clothing accessories, but the best widths for closets and shelves depend on individual needs. However, one recommendation is that bedroom closets have at least 48 inches of rod space.

Closets should be well-built and should have doors. Walls should be sealed, papered, or painted.

Light-colored walls are best for closets, since they help reflect the light to the farthest corners—making them brighter and more pleasant to use. Choose a paint that is washable and will not rub off on clothes stored. The walls should be washed two or three times a year, when you put away each past season's clothing. Choose a color that will harmonize with the other furnishings in your room.

A smooth, easy-to-care-for floor is preferred. Floors should be waxed to make them easy to clean. Rough, splintery floors may be painted with deck enamel or, better still, covered with linoleum. Linoleum prevents dust from seeping up through the cracks and getting on the clothes.

To help keep things in order and to use all the

space, closets built with divisions have an advantage. Size and shape are the most important factors to consider when making a division plan. Modern closets have sturdy, adjustable rods for clothes of various lengths, shelves for hat boxes and other storage, shoe racks or bags, laundry bag or hamper for soiled clothes, and a shelf or small chest for clothing not on hangers. A small closet, well equipped and fitted, is better than a large one that is poorly planned.

Closets You Can Make

Here are suggestions for making a closet if you do not have one. There are many arrangements that you may use in building a closet, but only a few are suggested here.

Build a shelf and anchor it to a corner of the room. Prepare blocks of wood (as shown) to hold your rod. See Fig. 1. Make a gathered or pleated curtain of plastic or preshrunk cotton fabric and hang from or under the edge of the shelf.

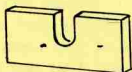
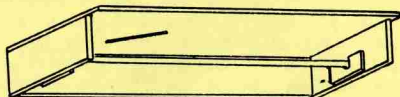
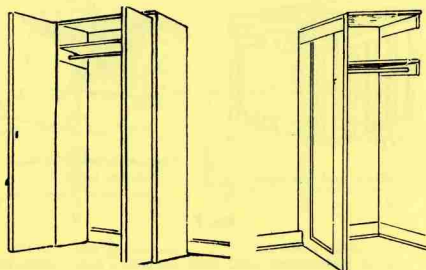


Fig. 1



A Plywood closet placed in the corner of a room. (Add wood door or fabric to protect clothing.)

Fig. 2

Plywood closets. A convenient closet may be built of fir plywood. (Fig. 2) The large sheets go up fast and make a neat job. Closet plans can usually be obtained from the hardware stores or lumber dealers from whom the plywood is bought.

Closet Rods

The size of clothes rods varies, depending on how you want to use them. If you're adding rods as a part of your project, think about these four things:

1. Length. The length will determine the diameter of the rod you will use.
2. Weight the rod must carry. A smaller rod can be used if you plan to hang only light articles. For heavy coats and such you must use a heavier rod.
3. Diameter of the rod. Plan the size of the rod so your coat hangers will slide easily on it. Coat hangers vary, so it's best to measure several types.

4. Types of rods:

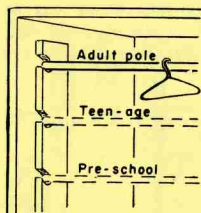
Galvanized pipe:

For a 3-foot length, use a $\frac{3}{4}$ -inch pipe.

For a 4-foot length, use a 1-inch pipe.

Wooden dowelling:

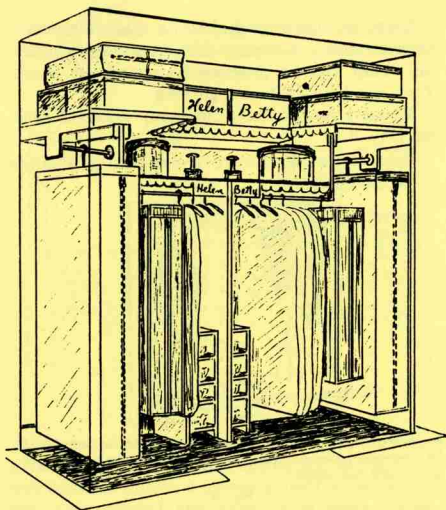
1- to $1\frac{1}{4}$ -inch diameter (outside measurement).



Adjustable Clothes Rod—In this picture you can see that hanging rods can be adjusted as you grow. Plan a height that is convenient for the person using it.

Fig. 3

Junior clothes rod. For small children, suspend a rod 23 inches from grown-up level. (Fig. 3) It



A Closet Planned for Two—This closet is planned for two girls. (Two boys may share in same way.) Garments are stored in duplicate garment bags. Boxes are marked by name. Each side has a complete set of accessories—hat boxes, hat racks, shoe boxes, and blanket cases.

Fig. 11

FOR THE RECORD

Write a report on looseleaf notebook paper using the outline listed above. Turn this in with the *4-H Record* (4-H R-1-8) to your 4-H home furnishings leader, your 4-H Club leader, or your home economics Extension agent.

1. Give an outlined plan of your project according to project completion requirements.
2. What activities did you carry out? List them. What furniture or furnishings did you make or buy new? What old furniture or furnishings did you use? What did you do to make it usable?
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4. What did you enjoy most?
5. Who helped you most in this project?
6. What did you show and tell? To whom?
7. Did you help others? Whom?
8. What do you plan to do next in your 4-H project work?

PLACES TO VISIT

Department and chain stores Discount houses
Building supply houses

DEMONSTRATIONS TO GIVE

Storage Items From Dad's Shop
Storage Items of Fabric
More Storage With Plywood
Stretch Your Storage With Good Accessories
Hat Boxes You Can Make
Boxes for Storage

REFERENCES

Ask your county home economics Extension agent for a copy of the following publication published by the N. C. Agricultural Extension Service:

Bedrooms and Clothes Closets, H. E. 33

A Place to Call My Own to Dress

Home Furnishings Project 3

PURPOSES

The purposes of this project are:

- To learn that a well-planned dressing area adds convenience, comfort, and beauty to a bedroom.
- To learn what a well-equipped dressing area should include.
- To develop skills in planning and arranging a dressing area.
- To develop skills in selecting new furniture or renovating old pieces of furniture for use as dressers or dressing tables, benches, and stools.

REQUIREMENTS

1. Plan the dressing area. Consider mirror, lights, storage for personal grooming articles, storage for folded garments, wastebasket, and stool.
2. Plan improvements needed and list in the order planned.
3. Complete three of the four jobs listed below:
 - a. Buy, renovate, refinish, build in, or make a dressing unit (include stool or chair if needed).
 - b. Buy, refinish, or make dressing area accessories (lamps, wastebasket, etc.).
 - c. Make drawer dividers to use space more orderly.
 - d. Plan and make additional storage if needed.

DECIDE WHAT YOU NEED

Every boy and girl needs a convenient dressing center where there is ample space for clothing, accessories, and grooming supplies.

With careful work and planning you can make an attractive dressing center that will help you dress quickly and neatly.

A good dressing area must have a dresser, chest, and bench (or stool), depending on the type of dressing unit you use. Good light—both artificial and natural—is essential, as well as a mirror properly placed. You may want other accessories like a wastebasket, pictures, and a rug.

Where does the dressing area belong in a room?

Think of groups of furniture in relation to other groups—the dresser or dressing table placed near the clothes closet for convenience. Try to place the dressing unit where the light will fall on you when you stand before the mirror. You get the best light if you place your dresser between two windows.

Consider also how many persons will live in the room. If two share the room, you may need two mirrors, one over the dressing table and one over the chest of drawers.

Plan carefully and know just what you want before you actually start to work on your dressing area. You'll find many different types of dressing areas to suit a wide range of tastes—from very simple tailored built-in ones to all-out fluffy dressing tables.

BUILT-INS

A built-in may be just the answer to your dressing area needs. Built-ins may eliminate clutter by replacing free-standing furniture. (Fig. 1) They can fill exact needs for greater convenience. They simplify cleaning. When well-built, they are handsome, economical additions for small homes and small budgets.

Here are some ideas for built-ins:

Build in a dressing table by placing a triangular-shaped piece of wood in a corner. Add a coat of paint, skirt, and mirror.

Attach a mirror and a dressing table shelf with a raised edge to the inside of a door.



Fig. 1

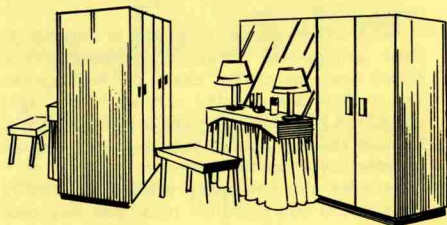


Fig. 2

Make a combination dressing table-closet with closet opening behind the table. (Fig. 2)

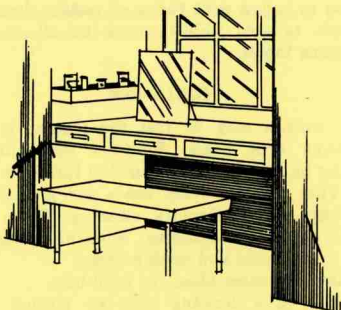


Fig. 3

If you have a dormer window in your bedroom, take advantage of the daylight by putting a shelf with drawers in the space. (Fig. 3)

You'll find you can do much of the building yourself—and you'll have lots of fun doing it. But ask Dad or your older brother to help when it comes to some phases of planning and the actual building.

Make a built-in as simple or fancy as you want, and use your imagination and original ideas. You have a wide variety of built-ins to choose from. Pick the one that seems just right for your bedroom and you.

DRESSER OR CHEST

A dresser or chest of drawers near the closet is handy for keeping toilet articles and folded garments. Boys seem to like this type of dresser.

A dresser with three or four drawers is needed unless there is a chest of drawers as well as a dressing table.

The dresser or chest you already have may need only to be cleaned and waxed to be serviceable. Or perhaps the outside surface needs to be re-finished. If the piece of furniture is made of cherry, walnut, mahogany, or maple, remove the paint or varnish to bring out the natural beauty of the wood. If the wood has no particular beauty, paint it.

Do any remodeling and repair work before a new finish is added. Some dressers have mirrors attached with a swing-arm arrangement. Remove the mirror and hang it separately above the dresser, giving a more streamlined effect. (Fig. 4)

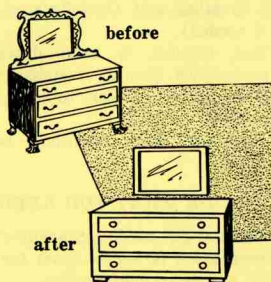


Fig. 4

If the legs of the chest are unattractive, saw them off and finish with casters or broad metal gliders to protect the floor. Or replace the legs

with hardwood legs available in various lengths and shapes. Replace old drawer pulls with new wooden or metal knobs.

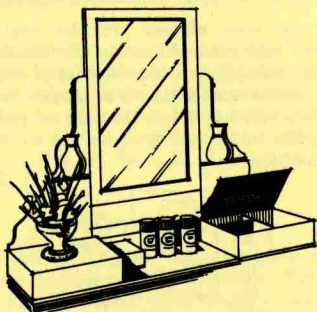


Fig. 5

Modernize an old vanity. An extended top turns half of an old vanity into a modern dressing counter. (Fig. 5)

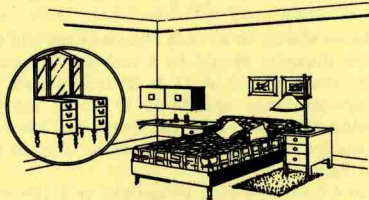


Fig. 6

The other half becomes a bedside table. A hanging cabinet, with mirror inside one of the doors, gives extra space on the wall over the dressing shelf. (Fig. 6)

DRESSING TABLE WITH A SKIRT

One way to acquire a dressing table is to buy it. But there's another way. Take something that isn't a dressing table—something you already have in the house or could buy unfinished—and convert it.

Think carefully before spending your time, money, and effort to make a dressing table with a frilled skirt. The ruffled skirt will catch dust. You may tire of it. You may prefer a built-in

dressing table or one made from a good piece of furniture.

A good size dressing table is 40 to 42 inches long and 15 to 17 inches wide. The height varies according to your own seating height. This height naturally will change as you grow older. Shapes may be half-round, kidney, rectangular, or triangular.

Dress up a round stool with a cushion and ruffle. Make a bench of wooden boxes covered with a pleated skirt. Cut down the back of an old chair to make a dressing table stool.

The skirt of the table determines the type of covering on the stool. Lines and shape of the table should harmonize with the stool's structure. If you plan it that way, the stool or bench may serve as a storage area.

Organdy, eyelet, dotted swiss, or other thin materials are best for ruffled skirts. Heavier materials, such as broadcloth, chintz, and cotton prints, will give a more tailored appearance. You might carry the style of the skirt over to the bedspread and curtains to give a room the desired "assembled" look.

Any material you use should be washable. Although making a dressing table is a good way to save money and make use of discarded furniture, don't go overboard on economizing. You may find that spending a little more money in the beginning pays dividends in the long run.

DRESSER DRAWER DIVIDERS

Dividers, partitions, and trays help separate articles in a drawer, keep them in good condition and make them easy to find. Before dividing your dresser drawers, decide what is to go into each drawer. Second, arrange the articles so you can get the most in the drawer and reach everything easily. Since the front of the drawer is easiest to reach, plan to store near the front the articles most often used. Last, make the divisions.

Divided boxes are good for small items—tie clips, bow ties, jewelry, hairpins, comb, and brush. Make them from either a large box or lid.

Drawer dividers are good for large pieces—undergarments, socks, hose, handkerchiefs, sweaters, gloves, and mittens.

To make a divider, cut a piece of paper the size of the bottom of the drawer. Measure the space

you need for each compartment and mark on the paper. Determine height of the dividers by the articles to be sorted. Cut the dividers according to the measurements of the paper pattern.

A drawer divider may be made from heavy cardboard or wood. Wood dividers should be sanded smooth. Cardboard may be bound with masking tape. To make an attractive finish, paint or varnish, or cover the dividers with wallpaper, colored shelf paper, or plastic paper with a gummed back.

Your drawer will be easier to clean if the dividers are removable. Small cleats or masking tape will hold dividers in place. (Fig. 7)

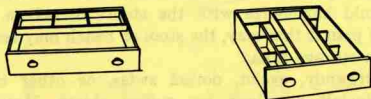


Fig. 7

Trays that slide from side to side or from front to back are convenient for deep drawers. These trays usually cover $\frac{1}{3}$ to $\frac{1}{2}$ of the drawer space.

Use lattice stripping or other narrow wood for the runner on which the tray slides. Use plywood, pressed wood, or other thin wood for the bottom of the tray. Use lattice strips or molding for the slides. Do not use plywood because nails do not hold well at the corners.

MIRRORS

A good thick mirror is a worthwhile investment. When buying a mirror check the thickness of the glass by putting your finger on the glass. Notice the depth of the reflection. The deeper the reflection, the better the mirror. Better mirrors are made of polished plate glass.

Good mirrors can be re-silvered professionally, but it is expensive.

Rectangular mirrors usually look better over a dresser than an oval or round mirror. If possible, place the mirror on the same wall as, or close to, a window so that the light falls on you rather than on the mirror. A triple mirror on the dressing table is practical.

Hang a mirror flat against the wall. Hang the mirror by wire on the back, supported by a strong hook. As in hanging pictures, the wire should not show. Hang the mirror to give the best reflection of you.

A full-length mirror in a dressing center is ideal; but one in a central hall can be used by the whole family.

LIGHTING THE DRESSING CENTER

For the most efficient artificial light, place lamps on both sides of the mirror. (Fig. 8) This provides even lighting on both sides of your face. Lamp shades should be white or pale ivory so that they will not distort the color of your face. If you like color, limit it to trim at the top and bottom of the shade.

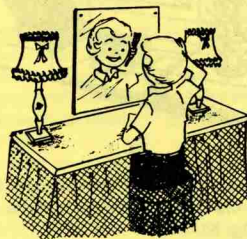


Fig. 8

Shades should be at least 7 inches deep and the bottom diameter should be 9 inches. The center of the shade should be 21 to 22 inches high for the dresser lamps and 15 to 16 inches for the dressing table lamps. If the lamps are too low, use wooden or metal stands to raise them to the right height.

Use a 30-70-100-watt three-light or a 100-watt standard lamp bulb.

Place your lamps 18 inches to the right and left of the center of the mirror and 6 inches out from the back of the dresser.

For the dressing center inside a closet, install a long tube vertically on the door jambs. The light will go on as the door opens, lighting both you and the inside of the closet.

ACCESSORIES

Pictures

The colorful picture or group of pictures on each side of your mirror could add color and pleasing design to your dressing unit. Select subjects that are suitable in a bedroom and colors that blend with your color scheme. The size of the pictures should be in scale with the mirror and dresser.

Wastebasket

A wastebasket in the dressing unit is convenient and colorful. You may cover an old one with colors that blend with the room or you may buy one inexpensively.

Rug

You don't need a rug in your dressing unit, but it's nice to have one, if possible. It brightens your room and helps give the dressing unit a complete look. Use one already on hand; buy one of the inexpensive, washable cotton rugs, or make one. (Refer to *Hooked Rugs*, H. E. 83, or *Braided Rugs*, H. E. 84.)

FOR THE RECORD

On looseleaf notebook paper write a report to include the information listed below. Turn this in with the *4-H Record* (4-H R-1-8) to your 4-H home furnishings leader, your 4-H Club leader, or your home economics Extension agent.

1. Give an outlined plan of your project according to project completion requirements.
2. List the activities you carried out? What furniture or furnishings did you make or buy new? What old furniture or furnishings did you use? What did you do to make it usable?

3. How much did your project cost?
4. What did you enjoy most?
5. Who helped you most in this project?
6. What did you show and tell? To whom?
7. Did you help others? Whom?
8. What do you plan to do next in your 4-H project work?

PLACES TO VISIT

Furniture stores: mirrors

Demonstration houses

Department stores: linen department, notions counter, cosmetic counters

DEMONSTRATIONS AND ILLUSTRATED TALKS TO GIVE

1. How to Plan Light for Better Grooming
2. How to Organize Personal Grooming Items in Your Dresser
3. How to Select and Hang Good Mirrors for Better Grooming
4. A Place for the Last Look Before You Meet Your Date

REFERENCES

Mail order catalogues

4

A Place to Call My Own to Sleep

Home Furnishings Project 4

PURPOSES

The purposes of a project on the sleeping area are:

- To learn why a comfortable, well-equipped sleeping area is essential to good health, sleep, and rest.
- To learn what a well-equipped sleeping area should include.
- To develop skills in planning and arranging a sleeping area.
- To develop skills in selecting and caring for bedding equipment.
- To develop skills in modernizing old beds.

REQUIREMENTS

1. Plan a sleeping area and make a scale drawing of it.
2. List needed improvements in the sleeping area in the order that they are to be made.
3. Arrange furniture according to the plan.
4. Select and complete three of the jobs listed below:
 - a. Buy, make, remodel, or refinish a bedstead or 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—pictures, lamps, bed pillows, etc.
 - e. Buy or make a mattress, springs, sheets, or blankets, if needed.

DECIDE WHAT YOU NEED

Most of us can expect to spend at least one-third of our lives sleeping in our bedrooms. Restful sleep is nature's way of restoring energy to tired minds and bodies.

Growing boys and girls need 9 to 10 hours of sleep each night to work and play at their best.

Then, if you add to this the time you might spend in your room reading, writing, and relax-

ing, it's easy to see why you should make your bedroom as completely livable and inviting as other rooms in your home.

Too often bedrooms are a catch-all for odd pieces of furniture, and they have little in common with other rooms in the house.

What a happy contrast the bedroom of today is! It is comfortable, beautiful, and convenient.

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 you'd like to carry out, let your bedroom improvement be an outlet for those plans and ideas. Remember, planning is more important than spending a lot of money. Discuss your ideas with your parents and gain their interest and cooperation.

SPACE AND ARRANGEMENT

Your bed, of course, is the major item in your sleeping unit. Place it for comfort and convenience away from drafts and light glare. Leave at least 18 inches of space on either side of the bed for easy bedmaking.

Place the bed parallel to the walls to make the best possible use of wall and floor space. Placing furniture across the corner of a room results in poor use of space and a poor overall room design.

Remember, too, when you plan the place for the bed, that the sleeping unit should include these items also: a bedside table, a reading light, a comfortable chair, pillows, pictures, and a rug.

COLOR AND FABRIC

Colors and fabrics in the sleeping unit will form an important part of the total room atmosphere and color scheme.

You have opportunities to use fabric and color in the bedspread, dust ruffle, a headboard cover, or in a cover for a chair or chair cushion.

If you choose a patterned fabric, be sure it is

of a design and color you like and will enjoy for several years. A combination of a pattern and a solid color in the fabrics will add variety and interest to the sleeping unit.

BED AND BEDDING

Bedstead

A good bedstead is strong (doesn't creak or sway) and easy to dust and clean. Old beds of iron, brass, or elaborately carved wood are returning to popularity.

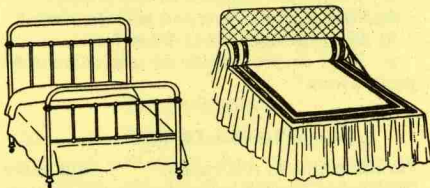


Fig. 1

Leave them as they are—except remove the old finish, polish the brass and paint the iron with a flat enamel paint. Highlight the bed with an antique glaze, good quality gold or gold cream antique paint. (Fig. 1)

Or, if you prefer, cut off the useless, overpowering part and refinish. Try using the high foot piece from an old bed as a headboard.

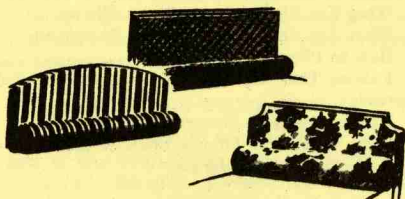


Fig. 2

Cover the headboard, or a piece of plywood, with fabric, plastic, or wallpaper, and enclose it in picture-frame molding. If you use fabric, just tack it down so you can remove it later for laundering. You get a nice effect by putting padding behind the fabric. Nail on buttons covered with fabric to give a professional look. (Fig. 2)



Fig. 3

If you are cramped for space and have no room for a bedside table, a built-in headboard may be just the answer. (Fig. 3)

Bedding

Check your mattress and springs, mattress and pillow protectors, sheets and blanket. If they are not in good condition, perhaps you and your parents can choose new ones. (See references at the end of this project.)

Bedspreads

Whether you make or buy a spread, look for material with an unusual weave or texture. Be sure you get colorfast, sunfast, shrinkproof material. Select a style to suit the bed and the room.

A simply-styled bedspread will make cleaning and bedmaking easier. If you prefer ruffles, attach a dust ruffle to a rod on the side rail of the bed or to a piece of cloth placed between the mattress and the springs. Then place a simple cover in matching or contrasting color over the bed.

LIGHTING

If you enjoy reading in bed, put in your sleeping unit the right kind of light so you can see without straining your eyes.

Use a table or a wall lamp for bedtime reading. A lamp that clamps to the headboard is usually not sufficient.

The lamp should have a diffusing bowl or a white, indirect-light bulb. The bottom of the shade for a table lamp should be at least 16 inches in diameter and for a wall lamp, 13 inches in diameter. For the best light, shades should be white, palest ivory, or champagne colored.

The table lamp should be placed approximately 26 to 28 inches off the floor for all beds except

the modern low bed. To find the right spot for the table lamp measure 22 inches from the center of your book to the side near the table and 16 inches out, right angle to the wall. The top of the lamp shade should be 20 inches above the top of the mattress. (Fig. 4)

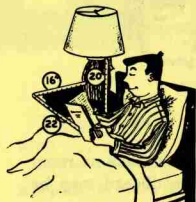


Fig. 4



Fig 5

The wall lamp should be centered over the head of the bed with the bottom shade about 30 inches above the top of the mattress. (Fig. 5)

For the lamp with a diffusing bowl use a 50-100-150 watt three-way frosted bulb. If your lamp does not have a diffusing bowl use a 50-100-150 watt R-40 white indirect-light bulb.

BEDSIDE TABLE

Select a bedside table according to your individual needs. A chest rather than a table may provide more storage space. Whatever you select, the style and finish should be in harmony with other furniture in your room.

ACCESSORIES

You may want to make colorful throw pillows for the bed.

You might also select a picture or a group of pictures to place over or near the bed. Select subjects appropriate for a girl's or boy's room and colors that blend with your color scheme. Since a bed is a large piece of furniture, it needs a large picture or a group of pictures covering a large area.

Hang the picture or pictures close enough to the bed for all to be seen as one unit.

A throw rug—hooked or braided—beside the bed may add color and help complete your sleeping unit.

FOR THE RECORD

On looseleaf notebook paper write a report giving the information outlined above. Turn this

in with the *4-H Record* (4-H R-1-8) to your 4-H home furnishings leader, your 4-H Club leader, or your home economics Extension agent.

1. Give an outlined plan of your project according to project completion requirements.
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3. How much did your project cost?
4. What did you enjoy most?
5. Who helped you most in this project?
6. What did you show and tell? To whom?
7. Did you help others? Whom?
8. What do you plan to do next in your 4-H project work?

PLACES TO VISIT

Furniture stores: mattresses Mill outlets
Department stores: sheets, mattresses, mattress covers, pillows, blankets

DEMONSTRATIONS AND ILLUSTRATED LECTURES TO GIVE

Why You Should Use Mattress and Pillow Protectors
How to Plan a Comfortable Sleeping Area
What Makes a Good Bed
What You Should Know About Mattresses
What You Should Know About Sheets
What You Should Know About Pillows
What You Should Know About Bedspreads
How to Plan a Color Scheme
Fabrics That Are Easily Laundered (for Bedspreads)
How to Select an Electric Blanket
Some Decorative Pillows You Can Make
Rugs Are Nice by the Bed

REFERENCES

You may obtain the following printed materials from the office of your county home economics Extension agent:

- Bedding Buymanship*
Color, Texture and Design in Space—A Basic Manual for the 4-H Home Improvement Program
Linens for Bed and Bath
Make Your Own Bedspreads, H. E. 6
Steps to Easier Bedmaking, Extension Misc. Pamphlet No. 162

A Place to Call My Own for Recreation

Home Furnishings Project 5

PURPOSE

To have entertainment furnishings and equipment organized for best use and enjoyment both inside and outside the house.

REQUIREMENTS

Carry out at least three of the following:

1. Collect and study ideas for arrangement, storage, and use of radio, record player, records, games, etc.
2. Study, plan, and arrange for space needed for these activities as they relate to use.
3. Make, select, or renovate storage for needed items.
4. Cover cushions for furniture.
5. Renovate, make, or select new furniture for outdoor living area.

SOME IDEAS

As play is vital to the development of mental well-being, individuals and families need a place to play and relax. They need also a place to keep their leisure-time belongings.

FOR INDOOR RECREATION

A place to play and to pursue hobbies can be a part of any room in the home, including the basement and the attic, provided there is space planned for play activities. For individuals it may be space for records, a radio, or hobbies.

Storage Ideas

Open-shelf units or a chest can be used for storage, depending upon the books, games, or kinds of records to be stored. Dolls, rocks, science displays, seashells, model cars, or growing plants may be on your collection list. Whatever it is, plan for good storage. Bricks or cinder blocks with nicely sanded and finished boards are easily assembled and changed as need arises.

Sturdy wooden boxes or crates can be used in

a number of ways. They can be painted in colors or covered with oil cloth that will go with the color plan of your room. They can be stacked for interesting arrangement.

Trundle drawers under the bed add extra storage. These drawers should be mounted on casters for easy moving and covered to keep contents free of dust.

OUTDOOR RECREATION

An outdoor living area adds to the family's enjoyment. It is always something really special to eat outside, play horseshoes, badminton, etc.

A table for outdoor eating and other activities can be made from a giant spool on which telephone wire was wound. An inexpensive chair can be made and painted. There is a variety of furniture made of wood, plastic, or metal—or a combination—that can be purchased. Fun can be had while using inexpensive furniture as well as furniture that costs more.

FOR THE RECORD

On looseleaf notebook paper write a report including the answers to the statements listed below. Turn this in with the *4-H Record* (4-H R-1-8) to your 4-H home furnishings leader, your 4-H Club leader, or your home economics Extension agent.

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5. Who helped you most in this project?
6. What did you show and tell? To Whom?
7. Did you help others? Whom?
8. What do you plan to do next in your 4-H work?

PLACES TO VISIT

Furniture stores Demonstration houses
Building supply houses Parks

DEMONSTRATIONS TO GIVE

How to Plan Interesting Storage for Records
How to Plan a Hobby Area
How I Displayed My Hobbies
How to Plan an Outdoor Living Area
How to Finish Outdoor Furniture

REFERENCES

Pamphlets from building supply houses
Consumers All. Yearbook of Agriculture, 1963.
U. S. Department of Agriculture, Wash-
ington, D. C.
Outdoors, U.S.A. Yearbook of Agriculture,
1967. U. S. Department of Agriculture,
Washington, D. C.



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