

ROOM IMPROVEMENT PROJECT For 4-H Clubs

Sleeping Unit

UNIT V

Beds, Bedding, and Bedding Storage



Circular 448

UNIVERSITY OF KENTUCKY

**College of Agriculture and Home Economics
Agricultural Extension Division**

Thomas P. Cooper, Dean and Director

ROOM IMPROVEMENT PROJECT FOR 4-H CLUBS

Have you often wished for a room of your own in which to express your particular likes in furnishings, colors, and accessories? You may have this wish—though more will be needed, of course, than wishing. The 4-H Room Improvement Project gives you an opportunity to make your room attractive so that you will be proud to show it to your friends, and so that you will enjoy working and playing in it. Whether you have a room of your own or share it with another, and whether your family owns the house or rents, may make some difference in the approach, but the final result can be the same.

Attractive rooms are not obtained with money alone. If the finished room is to be satisfactory, you must do intelligent planning before buying the furnishings. Many times a girl will find that with careful planning and her own skill she can create an attractive room at very little cost.

The first step in beginning the Room Improvement Project is to make a study of the room, considering the following 5 units in the Room Improvement Project:

1. Planning Unit
2. Arrangement Unit
3. Dressing Unit
4. Reading, Sewing, or Study Unit
5. Sleeping Unit

Each of these units includes enough study and work to comprise a 4-H Club Project. Older girls may complete more than 1 project in a year if they have time to carry out the requirements satisfactorily.

The Planning Unit is basic in the Room Improvement Project, and, as a rule, should be the first project taken. However, if the background of your room, the walls, floors, and woodwork, are in good condition, you may start with another unit. It is wise to start your room work with the unit which is needed most and that which you can carry out successfully. In any of the 5 projects, consider color, pattern, and texture of the backgrounds of the room before starting work.

Beds, Bedding, and Bedding Storage

Room Improvement Project for 4-H Clubs

By EDITH LACY, DOROTHY GENTRY, and LYDA SUTHERLAND

The bed is the most important part of a bedroom, for sleep and good posture depend on the bed and bedding equipment. You will want your bed to be comfortable, attractive, and well placed in the room. It should be sturdy but light enough to be moved easily. Springs and mattress should be comfortable with no sagging or humps. Sheets should be large enough to stay tucked in, and bed covers light weight but warm. The furniture and accessories near the bed also should be comfortable and attractive. How can you improve your "sleeping unit?" This will depend on the size and shape of the room, the present condition of furnishings, and how much you can afford to spend. Improvement can perhaps be made on the bed, bedding, bedside table, book shelves, lamp, stool, chair, chair cushion, rug, storage space for bedding, wall hangings, pictures, and many other things which fit into your room scheme. For example if the bed in your room is in front of a window, you will have to consider window treatment in relation to this furniture group.

Make your plans for the "sleeping unit" and carry them out so that the color scheme and fabrics harmonize with the rest of the room. The check sheet on pages 11 and 12 will help you to determine the improvements your room needs. You need not have a completely matched bedroom suite to make your room attractive. Many decorators now prefer harmonizing pieces of furniture rather than matched pieces. With a little planning, club girls can make charming rooms from discarded pieces of furniture.

THINGS TO DO IN THIS PROJECT

Head H, or Study Group

Collect articles and pictures, and read and study about the following:

Bedding and bed equipment

Sizes and qualities of sheets and pillow cases

Types of springs and mattresses

Bed making

Furniture

Streamlining old furniture

Refinishing furniture

Hand H, or Work Group

Choose work from the following:

Furniture

- Group furniture for comfort and convenience
- Locate group for proper light, ventilation, and balance
- Cut down pieces that are too elaborate or too heavy
- Repair pieces needing it
- Clean and wax
- Refinish if needed, in wax, oil, shellac, or paint (according to wood or type of furniture)
- Put slip covers on chair, bed, or bedding box
- Make a bed frame, bedside table, or book shelves

Bed equipment and bedding

- Buy or recondition springs
- Buy, recondition, or make mattress
- Make mattress cover
- Mend sheets and pillow cases
- Make or buy new sheets and pillow cases
- Make coverlet or quilt
- Make or recondition bedspread

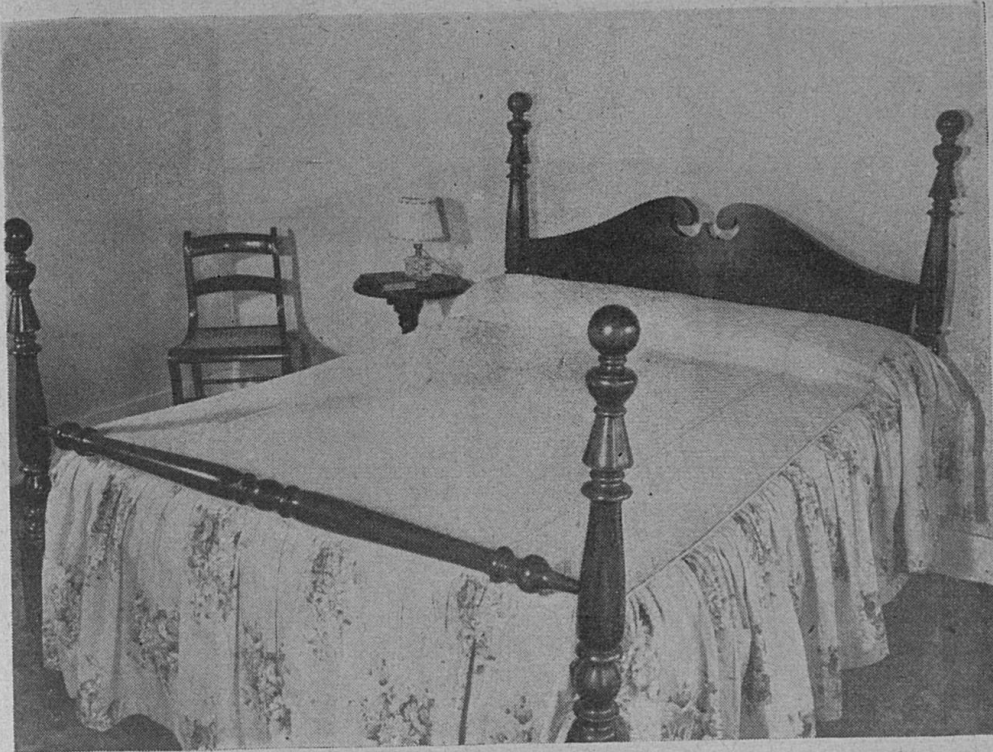
Storage for bedding

- Put shelves for storing bedding in closet
- Get large cardboard boxes for holding bedding
- Make a box for bedding, and paint or cover it with cloth
- Make, buy, or refinish a blanket chest

Accessories

- Get a bedside lamp for table or a pin-up lamp for wall
- Test and repair lamp cord
- Make or buy a lampshade
- Assemble and equip lamp with a shade for indirect lighting
- Make a braided, crocheted, or hooked rug
- Make a wall hanging or frame a picture
- Make a table mat
- Get an ivy bottle, flower vase, or a small plant
- Make a chair cushion
- Make a cover and cushions for bedding box

Make a booklet for this unit of work or add a chapter to the Room Improvement Booklet already started.



Antique bed refinished and spread with quilted top made by a 4-H girl.
(Illustration 1)

THE BED

Iron Bed

Some iron beds can be remodeled by exchanging the head and foot end-pieces and sawing the original head-end down level with the bed springs. Make slip covers for the new headboard with the same material as used for the spread.

Wooden Bed

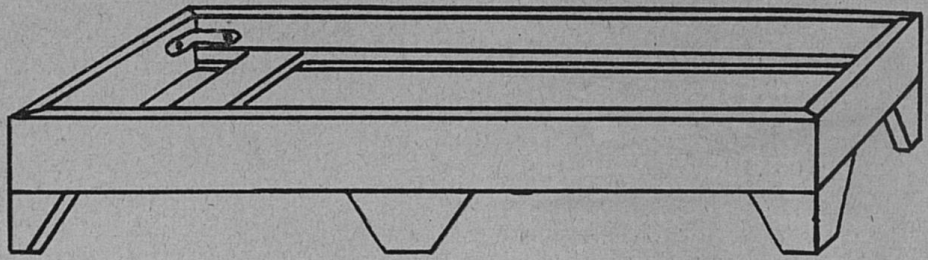
If you have a wooden bedstead which is too heavy and elaborate, take off some of the "gingerbread" and saw the bedstead down until it suits. Then paint it a light color to fit into the room scheme.

Antique Bed

Repair an antique bed as needed, removing the old finish. Refinish in the natural to show the beauty of grain and color in the wood. Directions for refinishing furniture are given in the Room Circular, "Reading, Sewing, and Study Unit."

Couch Frame

You may make a bed or couch frame at little expense. Make it to fit the springs and mattress on hand, or if you have to buy springs and mattress, make the frame to fit them. Add legs to the frame, raising it 3 to 6 inches from the floor.



Homemade couch bed frame, made to fit the mattress and springs.

(Illustration 2)

Other Furniture

A bedside table, blanket chest, or any piece in the sleeping area should be considered in relation to the bed, and perhaps have the same type of finish applied.

BEDDING

Sheets and Pillow Cases

You should have 6 sheets and 6 pillow cases for your bed. The pillow cases should be 2 inches wider and 5 inches longer than the pillow. Sheets should be long enough and wide enough to cover the mattress fully and tuck under 5 to 7 inches. The length of sheets for all beds should be 108 inches. The width should be as follows:

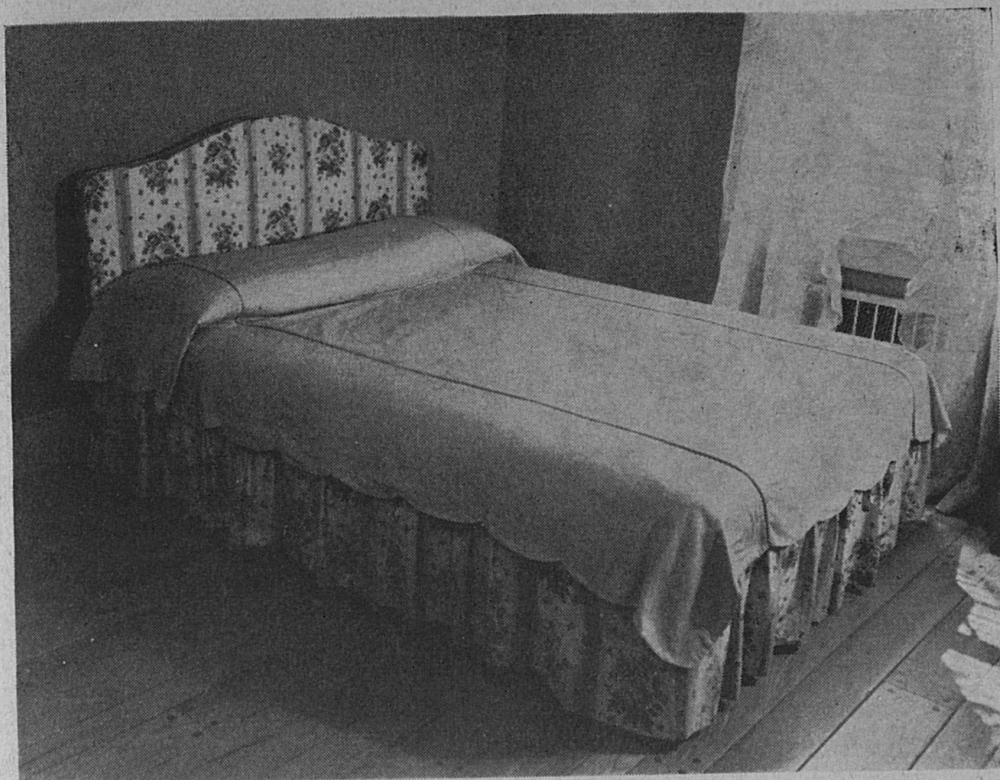
- 54 inches for cots
- 63 inches for single beds
- 72 inches for three-quarter beds
- 81 to 90 inches for double beds

Material for sheets and cases should be firm, closely woven, and free from sizing. The crosswise and the lengthwise threads should be the same size and approximately the same in number per inch, and should run unbroken the full length and width of the sheet.

Bed Spreads

Cotton materials make attractive bedspreads. Use unbleached cotton, percale prints, gingham, seersucker, denim, cotton crepe, osnaburg, pique, and glazed chintz. Avoid shiny, sleazy material, elaborate embroidered designs, and gaudy colors. Unbleached muslin is an inexpensive, practical, and versatile foundation for making attractive bed coverings. It may be quilted, tufted, or banded with prints or braids. Three types of spreads which club girls can easily make are:

- Simple, straight, tuck-in spreads, long enough to cover the pillows.
- Quilts may be used as a spread.



Couch bed with slip covered headboard and founce of same material. (Illustration 3)

A spread to fit the top of the bed exactly, with a ruffled or plaited founce attached. Attach founce with cord, gathered heading, fringe, plain seam, or bands of trimming. In making this type of spread allow:

- 2 times the length around for full ruffles
- 1½ times the length around for less full ruffles
- 3 times the length around for close box plaited founces
- 2½ times the length around for set-apart box plaited founces

A ruffle around base of bed with a fitted top or spread. Attach the ruffle to material which lies flat over springs. Make the top part loose, extending it over the top of the ruffle, or fit it like a slip cover, with corners boxed. Quilted spreads or old fashioned quilts make attractive tops when used with this type of ruffled founce. See illustration 3.

STORAGE FOR BEDDING

Top or side shelves of closets can be used for storing bedding, but to keep out dust it should be stored in boxes. When storing woolen blankets for the summer, sprinkle carbon dichloride over the clean

blankets, tie the box, and seal with gummed paper to keep out moths. If you are fortunate enough to have an old blanket chest, you may want to refinish this for storage space. Refinish according to the kind of wood, as learned in other projects.

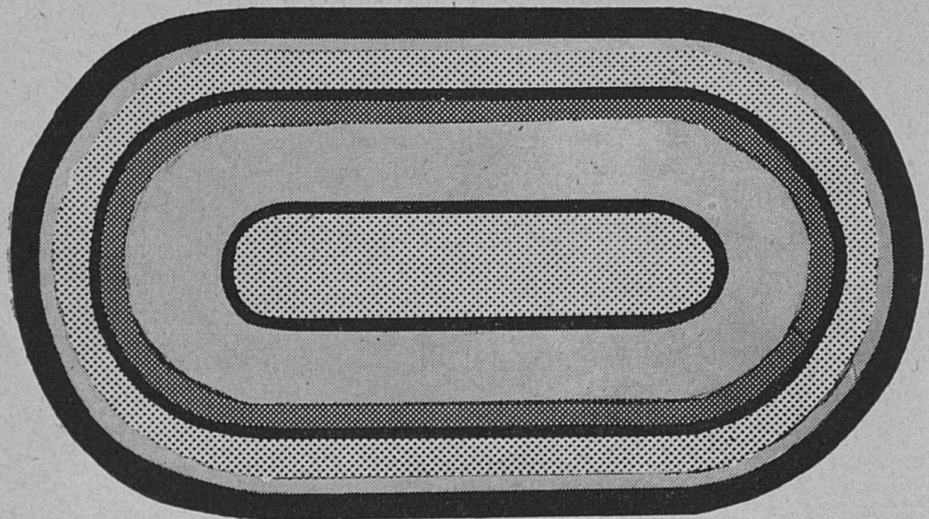
Wooden boxes may be made into attractive chests. Make the box the size you wish, then cover the outside with denim, cretonne, or chintz. A cushion for the top makes this piece usable as a seat. The inside may be papered, painted, or shellaced.

RUGS

A rug beside the bed adds much to the comfort and attractiveness of the furniture group. Using woolen materials, make either a braided, crocheted, or hooked rug.

Braided Rugs

1. Choose colors which fit into the color scheme of the room. Usually dark tones are best. Old materials may be dyed the wanted colors.
2. Cut strips four times the finished width desired. Fold in the two cut or torn edges until they meet in center. Then fold strip through center, press, and baste. This makes a firm strip with all frayed edges inside.
3. Make strips in different lengths, so that the joining will come at different places in the rug. Don't use strips longer than 2 yards.
4. Braid with straight folding motion. Three strands are easiest to braid.



A braided rug with good proportion in bands of color. *(Illustration 4)*

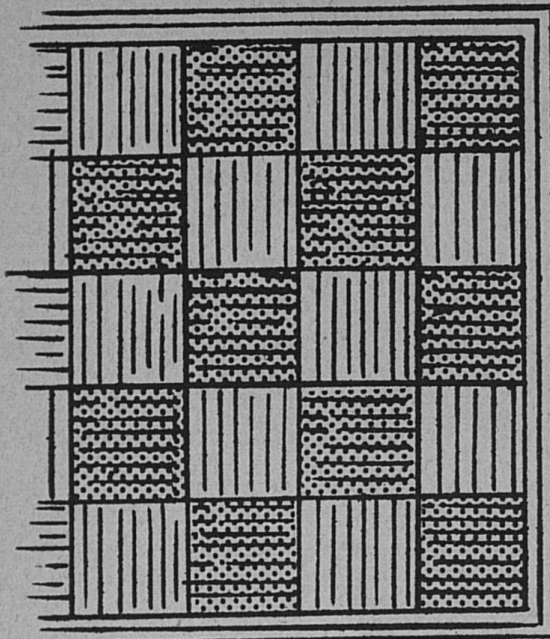
5. When you reach the end of a strand, cut the strip on the bias, and join another strand with a smooth flat seam that will not cause the braid to bulge.
6. Use darning needle and heavy thread for sewing braids together. Use a blind or slip stitch, being careful to catch each edge and hold both braids flat.
7. Braid and sew alternately.
8. Vary the spacing of colors.
9. Add only one strand of new color at a time so there will be a gradual changing of colors which make up the bands.
10. Press the finished rug to improve its appearance. It should be flat and cling to the floor.

For oval rugs the length of the center strip determines the size of the finished braided rug. For example—

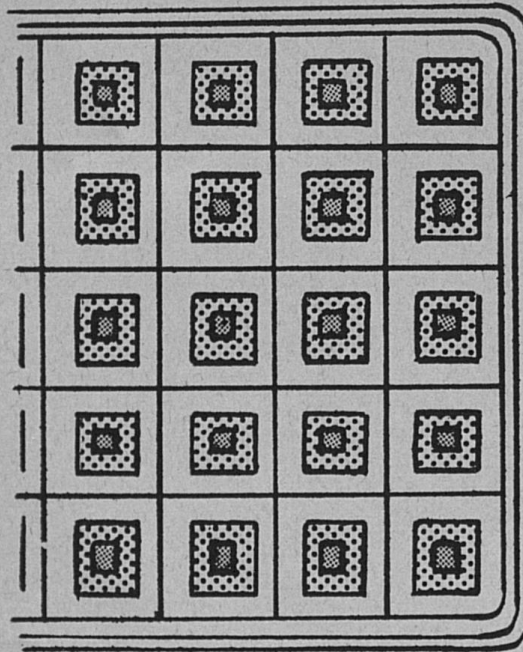
24-inch center braid—finished rug	36x60 inches
20-inch center braid—finished rug	30x50 inches
16-inch center braid—finished rug	24x40 inches
12-inch center braid—finished rug	18x30 inches



Hooked rug made by 4-H girl. (Illustration 5)



SCALE - $\frac{1}{2}$ " = 6"



Geometric designs for hooked rugs.
(Illustration 6)

the strips should be cut. A heavy blanket material may need to be cut in $\frac{1}{4}$ -inch strips, while wool jersey may be cut wider.

You can work out your own patterns. The simple geometric designs are usually easiest and safest to try. Animals and elaborate floral designs are not often artistic. "Hit and miss" patterns are economical because small pieces of materials can be used.

Crocheted Rugs

1. Cut strips 1 inch wide and fold in raw edges. Wind in balls for convenience.
2. Use wooden crochet hook and do a single crochet stitch.
3. Begin crocheting in center.
4. For an oblong rug, crochet a chain about $\frac{3}{4}$ the length wanted for the finished rug.
5. Continue crocheting next stitches in each loop of the chain. Widen at each end with two stitches in one loop.
6. Introduce various colors as the rug increases in size.

Hooked Rugs

Use burlap for the foundation of hooked rugs. Draw the design on the burlap and then hold narrow strips to the inside of burlap and pull them through with a hook, forming small loops on the outer surface. Woolen material makes the most durable rug, and as it ages the color tone becomes mellow and soft. Narrow strips are best for hooking, as the loops can be made closer. This makes a firmer rug. The heavier the material, the narrower

Name

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CHECK SHEET FOR SLEEPING UNIT

Name of girl _____ Age _____

Address _____

Date of first check _____ Date of final check _____

	Satis- factory	Unsatis- factory	Will improve as follows
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Color Scheme for Sleeping Unit

Attractive and interesting	_____	_____	_____
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Fits in with rest of room	_____	_____	_____
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Arrangement

Is the bed placed properly for ventilation?....	_____	_____	_____
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Does light strike eyes?	_____	_____	_____
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Bed group balanced by other furniture.....	_____	_____	_____
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Follow structural lines of room	_____	_____	_____
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Is the group complete?	_____	_____	_____
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Is a bedside table needed?	_____	_____	_____
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Does it need a shaded lamp?	_____	_____	_____
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Does it need a chair or stool?	_____	_____	_____
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The Bed

Bedstead

Substantial	_____	_____	_____
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Conforms to style or room	_____	_____	_____
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Condition of finish	_____	_____	_____
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Springs

Condition	_____	_____	_____
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Covered	_____	_____	_____
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Mattress

Condition	_____	_____	_____
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Covered	_____	_____	_____
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Protected with pad	_____	_____	_____
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Bedding

Sheets

Size, condition, finish, quality	_____	_____	_____
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Are there enough?	_____	_____	_____
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Pillow Cases

Size, condition, quality, finish	_____	_____	_____
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Are there enough?	_____	_____	_____
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(Continued on following page.)

CHECK SHEET (Continued)

	Satis- factory	Unsatis- factory	Will improve as follows
Blankets and Comforters			
Condition	_____	_____	_____
Quality	_____	_____	_____
Bed Spread			
Color	_____	_____	_____
Condition	_____	_____	_____
Style	_____	_____	_____
Other Furniture			
Bedside Table			
Condition of finish	_____	_____	_____
Arrangement of accessories	_____	_____	_____
Bookshelves			
Finish	_____	_____	_____
Arrangement	_____	_____	_____
Chair or Stool			
Finish	_____	_____	_____
Condition	_____	_____	_____
Lighting			
Oil or Electric Lamp			
Placed at needed centers	_____	_____	_____
Shade	_____	_____	_____
Adequate lighting	_____	_____	_____
Storage Space for Bedding			
Shelves, box or chest	_____	_____	_____
Adequate	_____	_____	_____
Dust and moth proof	_____	_____	_____
Accessories			
Rug	_____	_____	_____
Wall hanging or pictures	_____	_____	_____
Chair cushion	_____	_____	_____
Table mat	_____	_____	_____

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