4-H Club: Home Life Project "B" Plan

Agricultural Extension Service, South Dakota State College
EXTENSION CIRCULAR 441

4-H CLUB

HOME LIFE PROJECT

"B" PLAN

AGRICULTURAL EXTENSION SERVICE
SOUTH DAKOTA STATE COLLEGE, BROOKINGS
U. S. DEPARTMENT OF AGRICULTURE COOPERATING
Home Life Project "B" Plan

Bedroom or Child's Room

Would you like to fix over your room, actually doing some of those things that you’ve always dreamed? Fixing over your room can be fun and will give you the opportunity to use your imagination and express your own ideas.

Goals for the "B" Plan

The B plan is for those club members particularly interested in working in their own room or a younger child’s room. This project is planned to help make a room more attractive and comfortable at little cost. The goals set up are as follows:

GOAL 1. To Add Comfort, Convenience and Beauty
1. Assemble a needed unit making at least three articles for it. Window, sleeping, dressing, clothes closet, or bedroom ensemble.
2. Make or select two additional articles for the same room.
3. Study bedroom color schemes and arrangements and make possible improvements.
4. Add beauty through pictures, potted plants or flower arrangements.

GOAL 2. To Learn Efficiency in Homemaking
(Choose one or more of the following)
1. Improve bedmaking methods.
2. Give own room a complete cleaning and keep in order.
3. Improve home health in one or more ways.
4. Practice thrift.
5. Conserve household equipment through good care and prompt repair.

GOAL 3. To Become a Worthy Home Member
(Choose one or more of the following)
1. Plan your project with mother.
2. Improve home courtesy, grooming and cooperative spirit.
3. Develop a hobby.
4. Help plan and manage a social event in the home.
5. Assist with care of younger children in your home or other homes.

To help the 4-H club member accomplish these goals, units for the plan are set up. A unit consists of at least five carefully selected and arranged groups of articles which are needed for a certain activity. Three of these articles must be made. The major article for the unit must be refinished, remodeled, home-made or new. These units and a list of suggested articles for each are given in this booklet.
Give Your Bedroom A "New Look"

Your bedroom used for sleeping and dressing, study or reading should be arranged for ease and comfort. A room simply furnished may be made much more attractive than one cluttered up with unnecessary pieces of furniture that have neither use nor beauty.

Take Time To Plan

You, like many other girls, can make your room more attractive and comfortable at little cost, but it does mean planning. Perhaps you have a lot of ideas and pictures of your ideal room but before you go too far, how about talking it over with your family? Their cooperation and interest are needed to make your ideas successful.

Do not become discouraged because you share your room with a sister. Why not work together? Also, you may find in planning your room with your family, that everything cannot be done this year. It's not necessary to do everything at one time. While you are waiting to do some of the bigger jobs, some of the smaller ones can be done, new ideas can be collected and other plans made.

Furniture Arrangement

The furniture should be placed to give a feeling of balance. Place large pieces on opposite sides of the room, if possible. Place the large pieces of furniture "straight" with the lines of the room. Smaller pieces may be placed at an angle for variety. Keep all passageways clear, so that it is easy to get from one part of the room to any other part.

Furniture that is to be used together should be grouped, for example:

a. group study table, book shelf, chair and waste basket.

b. the larger pieces of furniture should be placed first and the smaller pieces belonging to the group should be placed conveniently and in good balance.

The bed should be placed so that:

a. it is easily made—preferably out from the wall.

b. it is not in a draft.

c. it is not facing the light.

The dressing table should be so placed:

a. that it is close to the closet.

b. that the light shines on you rather than on the mirrors.

c. brushes, combs, and other toilet articles should have a place in your dresser drawer. Impersonal articles such as a mirror might be placed on top of the dresser.

The study table should be so placed that the light comes over the left shoulder, if it is to be used by daylight. If this is not possible, place it so there will be good artificial light. Rugs should be placed parallel with the lines of the room and with the large pieces of furniture to give an orderly appearance. Use a few well chosen pictures rather than crowding the walls with many.

Color and Backgrounds

When you start the plans for your bedroom you will surely want to consider and plan the colors for your room with care. Your choice of a color scheme should be influenced by:

Your personality and wishes, the fixed colors that cannot be changed, the location of your room, its size and number of windows.

Your color scheme must include colors already in the background unless they may be changed. The dominant color is that color that appears in greater quantity than the others. The larger the area covered the quieter this color should be.

Warm, light colors in a dark room or one with northern exposure gives a feeling of warmth. Rooms on the south or receiving plenty of sunshine may have more of the cool colors to make them restful. A second
or third color may be used in smaller amounts. Schemes with contrasting colors are easiest to do and you will find a combination of warm and cool colors interesting.

If your room is small or the walls are figured, the fabrics that you select for the other furnishings will need to be quite plain.

Care of Your Room

A room may be attractive, but if it is not kept clean and orderly the feeling of charm and restfulness is lost. If your room has daily care, the weekly cleaning will not be difficult.

DAILY CARE:
Air bed, closet and room. This may be done while breakfast is being eaten. Leave the closet doors open at night. Soiled clothes should be placed in laundry bags or hampers. Hang up all clothes that are to be worn again. Make the bed neatly and straighten the room. Draw window shades evenly.

WEEKLY CARE:
Turn the mattress. Change the bed linen. Straighten dresser drawers and closet. Clean and dust entire room.

LESS FREQUENT CARE:
Clean walls and woodwork. Air mattress, blankets and pillows. Clean all furniture.

Keep a Scrapbook

You will never regret it, if you take the time to keep a scrapbook of your room. Take some pictures if you can to show the "before" and "after" effects of your room. Draw a floor plan of the room before you make any changes, then another to show the new arrangement. Show your color scheme with bits of colored paper or cloth. Take an inventory of your room listing the furnishings you have in your room as it is, then another of what you really need. Do you have things in your room that have no purpose any more? Why not move them out?

Sleeping Unit

Do you think of your room merely as a bedroom or as a place all your own within your home? Everyone needs a bit of privacy; a place which one can think of as largely one's own; a place which one can develop to meet special interests and needs; a place which reflects the personality of the owner.

It will take time to acquire the understanding, skill and the necessary furnishings which will make possible for you the room of your dreams, but it will come eventually through continued study, planning, saving, wise buying and careful construction. It will be a real achievement. You will find it a lot of fun to harmonize the new things with the old, and the old things with the new—bringing the whole room into harmony.

In order to build a pleasing room one must have a clear mental picture of what she wants it to be like. The furnishings, furniture and accessories of the room will depend on the activities and interests which you want to pursue there.

It is really smart to be thrifty. Before making definite plans for your room, make a general survey of the attic, the basement and other places about the home where unused things may be stored. Old furniture, scrap lumber, wooden and cardboard boxes, old containers, new and old cloth, seed and feed sacks and other things which you may find can all be turned into something useful and pretty with a little planning, a bit of paint, varnish or wax, or a package of dye.

It will be interesting to keep a record of the cost of materials used in the improvement of your room. You will be surprised.
how much beauty and convenience you can provide at little cost through careful planning and skillful workmanship. A comparison of the cost and the actual value of each article will help you to appreciate more fully the value of your labor.

Suggested Articles to Make or Select
Bed—Refinish, change style
Mattress cover
Mattress pad
Pair of sheets
A blanket, quilt or comforter
A protecting bib
Pillow—well selected, good condition
A pillow protector
A pillow case
Bedspread

The Bed

Recent studies show that regular sleeping habits are essential to the building of a good personality. The body is dependent upon rest and sleep for building and repair. Without it, energy is impaired and resistance to disease is lowered. Poise and disposition are also affected by continued or excessive loss of sleep.

A clean, well-aired comfortable bed is essential to healthful rest and sleep. Does your bed or bedding need conditioning? Is your bed equipped with an adequate supply of the right type of bedding? Do you make your bed correctly? Figure 1.

The Bed Frame may be merely a homemade support for the springs. Its main essentials are strength and silence.

If you have an old fashioned bed frame, you may be interested in modernizing it by using the footboard for headboard and cutting down the headboard to form a low footboard. The new headboard may be refinished, upholstered or a slip cover made for it. If an old iron bed is cut down, pad the head and cover with a slip cover.

Springs—Do your springs sag? If so, it is possible to tighten them or re-inforce them with spring tying twine or upholstery webbing. In replacing any part of the bed the springs should be the first to be purchased.

The Mattress

Mattress—Your mattress and bed coverings require daily airing to prevent accumulation of body moisture and odors. Occasionally the mattress and pillows should be sunned and aired out of doors and supported on chairs so as not to get dirty. Mattresses should be turned from top to bottom.
one week and from side to side the next to prevent them from sagging.

**Mattress Cover**—The mattress cover helps to keep the mattress clean. It should be made of closely woven material which does not let dust through. It should close securely by some method which will keep dust out. Figure 2.

The cover in the illustration shows the side boxing extending around the end of the mattress and the end boxing extending up over the top of the mattress. Notice the placing of snaps. All of these suggestions help to keep out dust.

**Mattress Pad**—The pad should fit the top of the mattress and should be washable. Old quilts and blankets may be used instead of cotton in the homemade pad. Close stitching or tying should be used to keep the filling in place. Ready-made pads and padding by the yard may be purchased. The edge of the pad should be bound.

**Select Bedding Carefully**

Select material which is closely woven, firm and without sizing (starch or other filling material). White is always good and as a general rule preferable.

Color on bedding becomes the style from time to time. It may appear as a solid color in pastel tones, or as colored hems, monograms, or other applied decoration to help carry out the color scheme of the bedroom, but the colors if used should be in tone, preferably of but one color, and fast to washing.

Look for these features in sheets: Figure 3.

Closely woven fabric made of fine, smooth, evenly spun cotton or linen yarn. Test by holding up to the light.

Durable but free from sizing. Rub the sheet in your hands; a white powdery substance indicates sizing.

Size is important. The standard sizes are:
- Single or twin bed—63 inches by 108 inches,
- Three-quarter bed—72 inches by 108 inches,
- Double bed—81 inches by 108 inches.

The 108 inch length is the torn length. This allows 76 inches for the standard bed, five inches for hems, five inches for shrinkage, and 11 inches at either end for tucking securely under the mattress.

A good sheet is torn rather than cut to be perfectly straight.

Hems should be the same width at both ends so they can be reversed. Hems should be two and a half inches to three inches wide with a one fourth inch first turn, stitched with strong thread and even, straight stitching closing the end.

Ends of the hems should be stitched closed.

**Blankets**—The warmth of a blanket does not depend on its weight, but largely upon the nap, because it forms the insulation that gives a blanket its heat retaining property. The nap should be soft, even, deep, springy and should not shed when brushed with the hand. It should be relatively light in weight.

Blankets should be long enough to tuck in at the foot of the bed and to come up well over a person's shoulders, also wide enough to hang down over the side of the mattress.

When buying blankets, three to six inches in width and length should be allowed for shrinkage. Blankets which are too small do not give sleeping comfort and wear more readily—66 inches by 90 inches for twin bed and 80 inches by 90 inches for double bed are considered good lengths. If your blanket is too narrow or too short, enlarge it by sewing on a strip of outing flannel.

Blankets should be cleaned before storing them for the summer. Good results may be obtained by washing them in a washing machine using the following method:

Use warm water and a mild soap. Dissolve soap thoroughly before putting in the blanket. Put in the blanket and run the
machine only three minutes. Fold and put through the wringer with rolls loose or squeeze suds out gently.

Rinse two or three times in the machine, using waters of the same temperature. Run the machine only one minute each time.

Hang up to dry, hanging over two lines, if possible. As they dry, straighten and pull into shape. After drying, brush well to raise the nap. Dampen binding and press with a warm iron.

Blanket, Quilt and Comforter Bibs—Protecting bibs should be made from soft, close weave material, made with closed ends and extending over outer and underside of top 15 to 18 inches. They should be snapped or basted to position and laundered when soiled.

Pillows—A pillow is not always necessary for sleeping comfort. One too large and hard may be detrimental to good posture and health. For your project you may want to transfer the feathers and wash the ticking or put the old feathers in new closely woven ticking.

In making or selecting a pillow the filling is one of the most important factors to consider. Goose feathers are the finest feather filling because they are so springy and fluffy. Down is the softest and lightest filling for pillows, but it is really a luxury. Duck feathers are similar to goose feathers but are not as springy, fluffy nor strong. They make a firmer and heavier pillow than goose feathers. Down mixed with regular feathers makes a light pillow and helps prevent matting or lumping of feathers.

Pillows should be well filled. As mentioned before the better the quality of feathers, the lighter the pillow. A good standard grade of feathers in a 21 inch by 27 inch size pillow is as follows:

- Down ................................ 1 ½ pounds
- Goose feathers ..................... 2 ½ pounds
- Chicken feathers ................. 3 ½ pounds

The pillow should have live feathers. This can be tested by pushing the pillow down with the hand. If it comes back to its original shape immediately the feathers are live.

The feathers should be free from odor, stiffness and lumps.

A good quality ticking should be used for the pillow. It should be firm, closely woven and colorfast.

Pillow Protectors—like mattress covers should be made of closely woven material and designed with closed corners and a type of fastening which will keep out the dust. One can be made with the under side extending over the top the width of the hem. The sides are seamed after both ends are hemmed. Snaps close the end of the cover to give additional protection.

Pillowcases—should be made from good grade sheeting woven in tubular form or in narrow widths. Pillow tubing is easier to make up and does away with the possibility of a puckered casing. Allow two inches in width and ten inches in length the size of the pillow. It is always wise to have the case a little larger around than the pillow. Too tight cases are under strain when the pillow is flattened down and soon break; too loose pillowcases look clumsy and are uncomfortable in use. The length is a matter of personal preference.

The fabric for pillowcases should be torn, not cut, and the hems turned evenly so that they will iron flat. The stitching should
also be well done, even, close to the edge, short stitches, and retraced at the ends. Plain seams with an overcast or machine stitched edge are suitable. Some people prefer to finish the seam end of a pillowcase by means of an overhand stitch. This keeps the corners square. Hems may be one and one-half to three inches deep with a quarter inch first turn. No decoration simplifies laundering.

**Bedspreads and Couch Covers**—Some people use a utility spread or third sheet during the night as well as day to protect the bedding. A closely woven seersucker type fabric which requires no ironing is desirable for the utility spread. Since the decorative bedspread occupies a conspicuous place in the room, the choice of material and design is most important. It should harmonize with the rest of the room. Material used should be washable, heavy enough to stay in place, and not easily wrinkled or soiled. It should not be elaborate or over-decorated. Chintz, calico, cretonne, gingham, unbleached cotton, sugar bags or grain bag material, poplin or Indianhead may be used for an inexpensive spread. For a day-bed or couch cover a sturdier material such as rep, chevron or monk's cloth may be appropriate if used in a less dainty bedroom.

### Making the Bedspread

The spread should be long enough to tuck under the pillows and cover them to give “finish” to the bed and to tie it more closely to the decorative scheme of the room. The material of the bedspread can be repeated in some of the other furnishings of the room, if desired.

Good workmanship is necessary in making a spread. Selvages stitched together should be clipped every two inches to prevent puckering after laundering. Since material may be only 36 inches in width, some may need to be covered if material is plain. Bias tape, cording, inch wide tucks or bands of contrasting material may serve to cover seams as well as to give decorative effect. If material is only 36 inches wide use one width of material for the center section with strips on either side to make the desired width.

Usually a flounce is made for the sides. This should come within one inch of the floor. Each bedspread must be planned carefully. A gathered flounce requires one and a half to two times the length of the spread. A pleated flounce requires two to three times the length.

In making a couch cover a boxing is usually used. This consists of a straight band about five inches wide attached to the top section. The flounce is attached to the lower edge of the bands. A heavy cord may be inserted at the seam line or a lapped seam may be used.

Machine-stitched hems three eighths to one half inch wide will finish the ends and sides. On hems it is well to remove any selvages.

### The Well-Made Bed

Do you turn your bed covers back over the foot of the bed when you get up in the morning so that bedding can air? A bed that isn’t aired regularly collects body moisture and odors. The bedding packs and becomes heavy. When ready to make the bed, spread the mattress cover and pad smoothly in place. Place the bottom sheet, right side up, squarely over the bed. Allow eight inches to tuck under at head and 12 inches at the foot; straighten and smooth in place. Tuck evenly under mattress at foot but do not tuck under at head until foot corners are mitered.

To miter, raise edge of the sheet (about 12 inches to 18 inches from the corner of the mattress) directly up over the edge of the bed until the hemmed edge is parallel with the mattress and the selvage edge is at right angles to it. A taut diagonal fold extends from the point held to the corner of the bed. Keeping the edges of the sheet in this position, lay portion held to the corner of the bed. Tuck the hanging portion securely under the side of the mattress. Hold the sheet firmly in place against the side of the mattress while the portion laid on the bed is dropped to natural position.
deep diagonal fold now extends from the foot corner to the selvage edge of the sheet. The miter is finished by tucking the hanging portion securely under the side of the mattress. Figure 4.

Pull the sheet tightly, tuck under the mattress at head, miter each corner and finish tucking sides under. If the lower sheet is securely mitered and tucked under when first placed, it will require but little adjustment daily.

Place the top sheet right side down, smooth and tuck 12 inches of sheet under at the foot. Place the blankets next and tuck under well at foot. Miter blankets and upper sheet together at foot corners, but let the top corners hang free.

Place a washable spread over blankets (top edges even and sides completely covering blankets and under sheet). Tuck under the end or let it hang free.

Fold the top sheet back over the top edge of the blanket and spread. Place the plumped pillow in position, flat on the bed.

If preferred, the top sheet may be turned back over the blankets and other bedding and the spread adjusted evenly around the foot and sides. Leave sufficient length to fold back over and cover the pillow.

Place pillow in position. Bring the spread up over the pillow and tuck under. Adjust the fold so that the spread hangs nicely at the side.

Some people make all of one side of the bed and then the other side to save steps. Others think they can get a smoother, tighter unwrinkled lower sheet and prefer to sacrifice the steps by completing first the lower sheet, then the upper sheet and other covers. Why don't you try both methods, studying time, steps and the sleeping comfort to decide which method you prefer.

Dressing Unit

A place for everything and everything in its place is one of the secrets of a restful, orderly room.

A dresser, chest of drawers or commode can be converted into a convenient dressing and storage unit. Sometimes it is possible to purchase a second hand one for less or little more than it costs to complete a homemade dressing unit.

Suggested Articles To Make or Select:
- Dresser, dressing table or chest of drawers
- Suitable runner or doilies for top
- Set of drawer divisions or utility boxes
- Bench, stool or chair
- Pad or cushion
- Mirror or picture
- Make-up box, vases or candles
- Waste basket

Do you have an old dresser which is not valuable as an antique that you may want to modernize? If so, take off the overly decorated parts. Put on new wooden handles or knobs if preferred and remove the mirror from the supporting frame and equip it with a wire for hanging. Check the dresser for needed repair. If it needs refinishing, you may want it stained and waxed, varnished or enameled, depending upon the finish of other furniture and the woodwork of the room. If the dresser is made of lovely old hardwood (mahogany, walnut, or cherry) you will probably want to oil it. Modernize your old dresser to look like Figure 5.

If you plan to buy a new piece of furniture, study your magazines, furniture cata-
logs and store displays to learn the types of commercial furniture available.

Furniture for the bedroom should be simple, useful, well proportioned and have graceful lines. If there is any decoration, it should be simple and follow the shape or structure of the furniture.

**Figure 5**

**Finish Your Own Furniture**

In the stores are a number of types of unfinished furniture which are sturdy and attractive. These pieces offer a good means of storage and would be practical for a number of years. Finishing a piece of furniture requires patience and time. Plenty of sanding before you start to apply the finish and sanding lightly with fine sandpaper between each coat of finish gives a piece of furniture of which you could be proud.

The type of finish most suitable for furniture of this sort depends upon the nature of the wood, the type of article chosen and the place where it is to be used. The real purpose of finishing is to protect the surface of the wood and in many cases, beautify it.

**SUGGESTIONS FOR FINISHING FURNITURE**

Have all surfaces perfectly smooth.

Fill holes and cracks in the wood.

Sandpaper with No. 0 or No. 00 plus No. 6/0.

Wipe surface with a cloth dampened with turpentine.

Use filler if necessary.

Apply finishes desired.

**Finishes:**

For cheaper woods (soft pine, basswood) paint or enamel is probably the most satisfactory. For hardwood (maple or birch) oil stains with a varnish or wax finish or the penetrating seals may be used. Walnut, cherry and mahogany will take a natural oil finish nicely.

**Homemade Dressing Table**

A dressing table can be made at home without much cost. It can be a useful piece of furniture providing a makeup unit and storage space in drawers and shelves. Thought should be given to selecting a table that will be suited to the space where it is to stand. Figure 6.

Various pieces of furniture can be made into dressing tables. Two small chests or two orange crates or other boxes joined with a board across the top make a good base. A table, new or old, can be used. Some 4-H girls have made a washstand or sewing machine do double duty by attaching a skirt to a removable top made of lightweight wood or extending a board across the front of the machine or washstand.

For a very small room a shelf can be hung on the side wall or in a corner.

Two orange crates are used for the foundation of the dressing table in the illustration. Two inch bases raise the table from the floor or wooden door stops can be used at the four corners. Legs may be purchased from an upholsterer, if preferred. A board across the back at the bottom helps to give strength to the table. The top is made from a board the width and length you desire. Provide a board at the ends of the boxes at the top to attach the hinged arms. These should be provided to attach the skirt so that one has easy access to the storage space. Cut two pieces of wood one half inch thick and one inch wide and attach to the side of the crates long enough to meet at the center front. Shelves, utili
boxes and shoe racks are added as illustrated. Old broom handles or doweling may be used for the shoe racks.

The inside of the dressing unit may be lined with cardboard or heavy paper and painted or papered. The outside may be finished in a similar manner. If well constructed and nicely finished, the unit will be worthy of appreciation for years.

The utility boxes are made to fit from cardboard boxes and finished like the rest of the unit. Gummed paper or glued strips of cloth will reinforce joints if all cardboard is used. Some girls have made drawers using wood for the front, cardboard for the sides and bottom and spools for the knobs.

From Old Table to Dressing Table

An old table that is sturdy and of good workmanship can be made over into a dressing table. It will probably need a good cleaning and a job of refinishing. If buying a new unfinished table, be sure it is sturdily constructed so that the new finishing job will prove worthwhile.

Dressing Table Skirt

The completed dressing table top, skirt, mirror and table accessories should be a harmonious unit. So as you plan, keep in mind the type, size, color and pattern of each of these parts.

Consider the size of the room first. Much bright color or a large pattern will make a small room seem smaller. A colorful or large pattern, however, could be used successfully in a large room. The dressing table skirt may be made of the same material as the draperies, curtains or bedspread; it may differ from these in color and pattern or it may repeat one color of the other furnishings in the room. A plain wall allows pattern in the furnishings which a patterned background generally calls for a plain fabric. Curtains made from rayon, taffeta or sheer materials are important and not usually in keeping with the simplicity of a school girl's room.

The skirt is made in two sections with an opening at the center front or a short flounce covering the center front; this gives easy access to the storage space. Three or four widths are desirable to make a full skirt; avoid a skimpy skirt. The skirt may be gathered or pleated. If gathered, the unfinished material should be two times the finished size; if pleated, two and a half to three times the finished size. The skirt may be tacked to the top of the table or snap fastener tape used so it may be easily removed for laundering. Figure 7.

If you use a heading it should harmonize with other room furnishings with the style of dressing table and be suitable for the weight of skirt material used. Be sure the heading does not extend above the top of the dressing table. The heading may be shirred, pleated, corded, ruffled, quilted or fitted. If you would like a stiffened band at the top of the skirt cut buckram the de-
sired width, then cut the fabric twice the width of the buckram and allow for seams. The stiffened band should then be stitched to the skirt with a lapped seam.

**Mirrors**

A mirror besides being useful in a bedroom makes the room seem larger and brighter. The frame should be simple, well-designed and in good proportion. Too many fancy, fussy curves and over-decoration are objectionable as one soon tires of this type of decoration. Keep these points in mind if you are buying a new one. If you have an old one at home that can be refinished, so much the better. In a bedroom the mirror to be most useful should hang so that the light falls on the person using the mirror.

**Dressing Table Bench**

A bench or stool may be bought and finished to match the table or it may be made from a bath stool, a strong grocery box, a nail keg, a piano stool, or a butter tub. The type of bench or stool will help to determine the finish necessary. Some may need to be padded and completely covered while others may need only a pad; some might be better with just a good job of finishing. Figure 8.

**Dresser Scarves**

The tops of some pieces of furniture are so attractive that they do not need to be covered. A cover that is used on a dresser or dressing table is usually for protection. In planning a scarf allow a margin of wood, one half inch to one inch all around. The scarf should not be so long that it hangs down on the sides of the dresser or so small that it looks lost. Vanity sets (large doily for the center and a smaller one on each side of it) limit the size and number of articles that look well when placed on top of a dresser and give a spotted appea...
The color of the scarf should blend well with the other colors and accessories in the room. The material you choose should be firm, easy to launder, easy to work on and heavy enough to be flat on the dressing. Linen, Indianhead, crash, grain bags, monk's cloth and a firm quality of unbleached or bleached muslin are suitable materials.

In planning your design remember that the decoration should be simple and follow the general shape of the scarf. It might be part of the hem, or a border or on only two ends of the scarf. Suitable structural decoration might be bands of contrasting or self color, rows of hemstitching, a decorative stitch following the hem such as cross stitch, feather stitch or a running stitch, rather than elaborate embroidery. The edges may be hemmed, bound or faced and can be made either by hand or machine. Hems should all be the same width with mitered corners. A narrow rolled hem may be used along the sides where the scarf ends are to have a different type of finish.

**Helps for Orderly Dresser Drawers**

Have you found it difficult to keep things in order in your dresser drawer? If so, you will be interested in these divisions and sliding trays which provide a place for everything and helps keep them in place. Figure 9.

The divisions are made from two strips of cardboard each four inches longer than the width of the drawer (distance from

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**Figure 9**
front to back). Measure in two inches from each end. Mark and score inside the lines with a dull knife so that the cardboard can be bent without breaking.

Place the two pieces together, the backs even and fasten by pasting strips of cloth or paper around just inside the bend at each end. Also place trips across the top and bottom edges and over the seams at the ends of the divisions. Finish with enamel or cover with washable paper. Hold division in place in the drawer with thumb tacks.

The trays made from strong cardboard boxes cut down to right size and shape are re-inforced at corners and edges with strip of cloth and paper and are enameled like the inside of the drawer. The trays slide on narrow strips of wood nailed to the inside of the drawer.

Do you have enough boxes and trays to daintily take care of the many things needed in your dressing unit, such as comb and brush, different kinds of pins, beads, jewelry and cleansing tissues? If not, see the suggestions in the illustrations of handy ones which can be made from boxes found at home.

The knobs or handles can be made from a spool or clothes pin. All the boxes are finished with enamel and decorated with transfer designs or wallpaper cutouts.

Fragile, dainty things can be kept safe and clean in cases made from ploofilm or some other suitable material.

The stocking case is made with two long narrow pockets, each of which are stitched to form three smaller pockets providing space for six pairs of hose. The hankie chief case and the glove case are made similarly. Note that a space is left at the center between pockets to allow for folding over.

Clothes Closet Unit

Every bedroom needs a clothes closet. A closet should have good light and the possibility of airing. It should have a rod for coat hangers, placed high enough so garments clear the floor by several inches. A shelf is convenient for hat-racks and boxes.

Shoe racks or shoe pockets on the door or wall is a necessity. A laundry bag or clothes hamper may be kept in the closet for soiled clothing. Garment bags and garment shoulder protectors will help keep clothes in good condition.

Suggested Articles to Make or Select

Wardrobe or closet
Rod for hanging clothes
Set of six hangers
One or more garment bags
Shoe rack or bags
Shoe trees
Storage boxes (labeled)
Hat stand
Hat cover
Storage cases for hose, hankies, slips
Hose storage—hose packet, box or case

Well-Equipped, Clean and Orderly Closet

An orderly room is restful. If you have a place for things you will find it much easier to keep it orderly. Your closet, if well-equipped, will help you with this problem.

If you choose the clothes storage unit for your project this year, you will find some good suggestions here to help you keep your clothes and room in better order. Make a list of the things to be stored and then plan for their storage. Figure 10.

Articles made for the clothes closet unit should harmonize with each other and the general color scheme of your bedroom.

Closely woven cottons such as percales, gingham and chambray will give long wear and make attractive articles.

In the closet illustrated here note that the rod is placed across the back at height which will permit your longest dress...
to clear the floor. For an adult the suggested height is 63 inches from the floor. When placing the rod, check with the hangers, allow about three inches between the hanger and the back wall of the closet so that the garment will not rub against it. The minimum distance from the center of the rod to the wall should be 12 inches. Shelves 14 to 18 inches deep placed above the rod provide a place for storage of boxes and bedding.

The closet should have natural or artificial light so that its contents may be easily seen. If possible, light from the room should enter the closet when the door is open. A light fixture should be placed within the closet unless the light of the room is sufficient. Where there is no electricity, a flashlight hanging on a hook just inside the door will serve the purpose.

Every closet should be ventilated; if not by a window, then by openings in the door. If neither of these methods can be used, it is advisable to leave the door open at night.

The closet furnishes an opportunity to prove that there is beauty in simplicity. Care and ease of cleaning should be considered in its finish, decoration and arrangement. There should be no cluttering that prevents regular and thorough cleaning.

Small closets look best finished in plain color, matching the background of the walls or harmonizing nicely with them.
The color selected should be softened or greyed in tone to serve as a pleasing background for the colored garments. Since the garments furnish a variety of color and design to the closet, little or no design is needed in the decoration of the closet. If patterned material is used, it should be an inconspicuous allover design in softened colors.

If the closet is deep enough so there is enough space left at the front, on-a-door devices offer good storage, such as a hat rack or a shoe rack.

Closets made from boxes may be satisfactory for temporary needs. A closet may be made from four orange crates nailed together. It is also nailed to the wall in a corner of the room. This provides a large amount of shelf space for storage of clothing as well as space for hanging garments. Nail two four inch strips to the wall to hold the bottom edge of the horizontal crate. One of these four inch strips for cleats is two feet six inches long. Nail a two and a half inch strip of one-half inch lumber on the top to extend over the edge one and a half inches. Attach a rod for a curtain with rings to slide back and forth easily.

If you prefer to thumb tack a curtain in place, nail a one and a half inch strip across the top edge for attaching the curtain.

You will need two rods for coat hangers. These will have to be attached to the back cleats. Curtains, used as a substitute for a door on a closet, should be made of firm, fairly heavy material that will give protection to the clothing. The material should be plain and of an inconspicuous color, harmonizing with the background of the wallpaper or paint as nearly as possible. Monk's cloth, crash and a cotton material called Osnaburg are among the best for this purpose. These come in natural or ecru colors which blend well with background colors.

**Closet Accessories**

The depth, width and length of the garment bag will depend on the size of hangers used and the number and length of the dresses to be stored. One which is five feet long requires four and five-eighths yards of 35 inch material. Use a closely woven, easily laundered material such as print, muslin, chintz or cretonne. This is another opportunity for using the feed sack unless you have already exhausted your supply.

Two pieces of board are needed—one to support the hangers; the other, used in the bottom to shape and weight the bag, should be lighter in weight. Cardboard may be used in the bottom instead of a board if preferred. The hook and shoulder portion of a wire dress hanger is used. The hook is slipped through a hole in the center and the wires are formed in loops and fastened with staples to position on the underside.

The bag seams can be made plain, bound or a French seam with the last stitching on the right side. If a plain seam is used, it needs to be finished with a second stitching close to the edge to keep the edges from fraying. Buttonhole or bind the opening at the top of the bag for the hook.

The bag part is made to open at the side. If a zipper is used, it should be long enough for convenience in use. This gives a more dust proof closing than one that is snapped. It may be put in vertically or curved. If a zipper is not used, there should be a good size lapping of the material at the opening with the snaps, hooks or buttons not too far apart, to keep the dust out.
Shoe Racks
A homemade shoe rack can be fitted to the available space and can be made to hold as many shoes as one may wish.

Shoe Pockets
Shoes can be stored in pockets that fasten to a closet door or on a wall. These pockets are useful for other small articles such as clothes brush, whisk broom, gloves and hose. The material should be closely woven and strong. Figure 11.

The set of pockets should be planned to meet your own needs and to fit the door or wall space. The one shown here is planned for four pairs of shoes. The foundation piece is 20 inches square. The pocket strips are eight inches wide and 32-36 inches long. This allows three inches for fullness in each pocket. Finish top edge of the pocket strips before they are attached to the foundation. Bias tape may be used or they may be hemmed.

Divide the foundation pieces into two parts each way so that it will be easier to pin the pocket strips in place. Then pin one across the bottom and one on the crosswise center line. Each section is eight inches wide which allows for fullness to be put into a box plait. Stitch between the pockets. For every extra pocket add five inches to the width of the foundation piece. For each row of pockets, add ten inches to the depth. On the pocket strip add eight inches for each pocket.

A casing made about two inches from the top and wide enough for a small strip of wood to be slipped in will keep the bag taut at the top.

Provide a suitable method for hanging the pockets on the door.

Hat Racks
Hats that are worn often can be put on a hat rack to help keep them in good condition. Those worn less often can be stored in hat boxes. If racks are made at home, care must be taken that they do not topple over. Oat meal boxes filled with sand and covered with wallpaper or cloth make satisfactory hat stands. Heavy cardboard or plywood can be used also. Cut two pieces and fit the slots into each other. Be careful to cut the slots as wide as the thickness of the material used. Inexpensive hat stands which clamp on the edge of the shelf are practical.

Shoulder Covers
Shoulder covers help to protect the garments from dust accumulated in the closet. It should be shaped to fit the hanger but cut enough larger to allow for the dress and shoulder pads now commonly used. A straight piece of material set in between two side pieces of cover provides extra room for dress and hanger.

Laundry Bags and Clothes Hampers
The laundry bag may be any one of many different styles depending upon the preference of the individual. Some people prefer a clothes hamper. A hamper, commercial or homemade, made from a heavy cardboard carton and decorated to harmonize with the room might solve the problem. A means of ventilation should be provided. Figure 12.

You will find convenient the melon shaped bag in several sizes for soiled stockings, soiled handkerchiefs and other soiled things which should be stored separately for protection.

The bag with the hanger top affords a good way to hang up the bag. It is made with a seam center front, upper part left open and stitched flat or bound.
Writing or Study Unit

Do you have space for a writing, study or reading unit in your room?

To do her best work a girl must have a place that is not too distracting because of too many things around her; it must be comfortable and have sufficient space to keep her from feeling crowded as she works. You'll need a desk with a broad top and a drawer or drawers for small equipment and papers and a comfortable straight-back chair. Any small, plain table with a drawer will do.

Suggested Articles to Make or Select

- Desk or table
- Book shelf
- Picture
- Book ends
- Chair-cushion or pad may be added
- Writing supplies
- Desk set—blotter, pad, letter holder
- Waste basket

Perhaps you would enjoy even more a desk made from an old-fashioned washstand. The necessary changes can be made easily. If the washstand is one with a drawer at the top and drawers and cupboard at the bottom, remove the cupboard and possibly the lower drawers—depending upon how much room you will need to sit comfortably at the desk. If the washstand is one with a board at the bottom, remove half of this board to give foot room. Refinish the stand to harmonize with the rest of the furniture in the room. Above it hang a picture or a homemade bookshelf and on it place some desk equipment.

If your room is small, perhaps you will choose a piece of furniture that can be used as a combination dressing and study unit. There are many interesting combinations of wall shelves and a desk that can be used together to good advantage. You will want to place your unit where there is sufficient daylight and provide a good lamp for night use. Figure 13.

For the chair to be used at the desk choose one with simple lines. A discarded upholstered chair without arms would serve the purpose. Be sure springs and upholstery are in good condition. Then make a slip cover to harmonize the chair with other furnishings in the room. A kitchen chair or any wooden chair may be made attractive and comfortable with a coat of paint and a pad of colorful material for the seat.

The bookshelf may be made with shelves of one half inch wood, spools to space the shelves and clothesline rope to hold it all together. Select the finish for the shelves to harmonize with desk and chair.

The wastebasket is a utility article. It should be durable and washable as well as attractive. It should be in scale with the desk; it should be well proportioned and interesting in shape; it should also harmonize with the other articles included in the writing unit.

It is possible to buy inexpensive wastebaskets but it is not always possible to find them decorated in the right color and design. Attractive wastebaskets can be made from cardboard cartons or old tin containers. Paint or enamel is a serviceable finish.

Blotter Pads may be attractive and interesting in appearance, but they are frequently more ornamental than serviceable, especially if the table or desk is small. The pad should not interfere with the free movement of the arm when writing.

A plain piece of blotting paper cut a convenient size and shaped to harmonize with lines of the desk top may give more satisfaction than a blotter pad.

A blotter pad should be thin and lay flat. It should be made of material which does not soil readily and can be satisfactorily cleaned.

**TO MAKE BLOTTER PAD**

Determine size and shape of finished pad. Cut several patterns and lay each i.
place on table or desk top and see which is best. Figure 14.

Cut a working pattern, allowing three inches additional width (vertical) and 12 inches additional length (horizontal). Select a material as leather, leatherette, glazed chintz or oilcloth in harmonizing color and design. Oil cloth should not stick and peel. Lay working pattern on and cut out; turn with right side down and long edge toward you.

Draw lines ab and de one and a half inches in from each edge. Mark lightly so as not to mar the right side. Draw lines ij and cf three inches in from short ends. Draw lines kl and gh in six inches from each edge.

Fold oilcloth over at lines ab and de so that one and a half inches of right side shows along the long sides. Crease to place. Fold edges of short sides over to lines ij and cf, and then fold each over once again forming three inch pockets at each end as shown in the illustration.

Stitch all around, very close to the edge as shown in Figure 2, if it is a material on which you could stitch. Cut blotter one half inch less in width and one half inch less in length than finished pad case and insert.

Such accessories as a spindle, letter holders, blotter pad and drawer dividers can be planned to make the reading unit more useful.

File Box for Club Literature

Material needed for a file box large enough to hold your club literature are: 2 pieces of board (C) one and a half inches wide, three-eighths inches thick and nine inches long; piece of cardboard (B), 12½ inches wide and 23½ inches long; wire nails or brads one half inch or three-fourths of an inch long. Make sure that the cardboard and pieces of wood are accurately measured and that all corners are square. Turn the cardboard with long side toward you. Figure 15.

Measure in from the left edge (both at top and bottom), nine inches and draw a line (1). Take a piece of wood (C), lay it vertically inside the line just drawn and draw a line along the right hand side of the piece of wood (2). Next measure nine inches to right of the line (2) at both top and bottom. Draw line (3). Lay piece of wood vertically along line (3) and draw line (4) along the right hand side of the piece.

Next score with a dull knife lines 1, 2, 3 and 4, and bend along as shown in Figure D. Nail the wooden ends to place as shown in Figure D. Cut away the corners of the flap as shown in Figure B.
A place in your room where it is possible to read in comfort is easy to attain. An old rocking chair or comfortable armchair, like the desk chair, can be brightened up with a slip cover. Bookshelves can be made at home which would be as good looking and useful as commercial ones.

You can even convert one of the old washstands into a combination storage place for books or other articles.

Fruit boxes can be utilized to good advantage in making book shelves, too. Plan them so you have an interesting proportion through relationship of shapes and sizes.

Suggested Articles to Make or Select
Books in case, wall shelves, book rack, or book ends
Slip on book cover with book marker
Magazines in case, rack or magazine basket
Comfortable chair, cushion or pillow may be added.
Picture or group of pictures; wall hanging
Foot stool
Table if wall shelves are used
Lamp
Rug
Other decorative objects for shelves
Slip cover for a chair

Comfortable Chairs
At Little Cost

Visit your automobile and junk dealers to see if you can find an old car seat which would make a comfortable chair for your room. Remove the metal attaching the seat to the car floor. Remove the old upholstery or clean and mend it. Use a good soap lather for cleaning, rinse with a cloth wrung out of clear water. Sunning will help to clean it, too. From a few odd pieces of lumber make and attach a wood foundation. Figure 16.

Cover with a fitted lining made from unbleached muslin, sacks or any strong clean lining material. Select a slip cover material that is firm, durable, attractive and will hold its shape. Preshrink the material. Cut to fit the chair. Finish the back with snaps or a zipper. You will like the chair for its comfort and attractiveness.
a. Front with heel space
b. Back without heel space
c. and d. Two sides same dimensions
e. and f. Cross supports screwed to wooden bottom of seat and to which sides are attached.
g. Put a log rest at each corner to protect floor.

Make your reading nook an inviting corner in your room. Place your favorite books upright and close to the front edge of the shelves, a lamp close by and a few well-chosen, lovely objects on top of the shelves and you'll really enjoy this corner of your room.

Don't have too many small accessories in your room, such as, pictures, pillows, vases and art objects. Select and place these articles carefully. Use this rule for smaller objects as well as larger ones—if it has a use or adds to the appearance of a group of furnishings, keep the article; otherwise discard it. Express your individuality in your room. Don't have a cluttered bureau top and half-open dresser drawers. Take time to straighten the lamp shade and put your shoes in the closet.

Window Unit

Curtains soften the lines of a room and give it a more homelike appearance. They help regulate the light in a room and give it privacy.

Suggested Articles to Make or Select
A window shade, cleaned, repaired, newly made or purchased.
A pair of glass curtains, curtain rod
A window ventilator
A window seat, (drop leaf), window shelf, stand or table

Material for bedroom curtains: Sheer transparent washable materials such as organdy, dotted swiss or marquisette. Quality should withstand frequent laundering and a great deal of sunshine. Off white tones, cream or ecru have a "sunshiny" look and usually harmonize with the background colors.

Curtains should be quite plain and fade into background if your room is small or has figured wallpaper or floor coverings. If the walls are plain, figured curtains may be used, unless there is considerable pattern in the rugs and other furnishings.

Style of curtains: Straight effects are al-
ways good. If tie backs are preferred they should be looped above or below the center, not where the window sash meets. Ruffled curtains are distinctly feminine and may be used. Elaborately draped curtains are not in keeping with simple furnishings.

**Making the curtains:** Allow two widths of material for each window. Allow one inch per yard for shrinkage and for hems and heading.

Pull threads for cutting material on the straight. Remove all selvage edges.

Side hems—one to one and a half inches wide. On plain curtains raw edges are turned in the full width of the hem, making three thicknesses of material. The top and bottom hems may be the same width so that the curtains may be reversed. The width is usually two to three inches depending upon the width of the curtain rod.

A one to one and a quarter inch heading at the top gives a finished appearance to the curtains.

Machine stitch the hems with matching thread. The heading may be put in with a hand running stitch so the curtains may be reversed later. A tuck may be placed below the heading to allow for shrinkage.

When ruffles are used they should be one third fuller than the measurement for the length and width of the curtains. Ruffles vary in width from two to four inches and are applied to the curtain with a flat fell seam.

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### A Window Seat

An attractive window seat for your room may add to the attractiveness of your room. It may serve not only the purpose of a place to sit, but also as a storage place.

You may be able to find a box just the right size and shape for the window seat or a foundation may be built. The top may be hinged to permit easy access inside, allowing for storage. Pad and cover the box with material that will harmonize with the rest of the room.

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### Bedroom Accessories

Accessories are the small articles in a room that add interest and give a room personality. Such articles as pictures, wall hangings, lamps, wastepaper baskets and rugs are included in the list of accessories. Some accessories may be made, others are purchased.

When selecting an accessory for your room ask yourself these questions:

1. Is there a definite place for it in my room?
2. Does it seem to belong in my room from the standpoint of color, pattern, size and material?
3. Does it have nice lines and proportion?

**Rugs.** Rag rugs, braided, hooked, crocheted or woven are desirable for a girl's room. These rugs may be made from various old materials such as wool, cotton, yarn or even burlap.

In selecting or making a rug for your room it is well to remember that it is a part of the background. The design and color should be inconspicuous so the rug appears flat against the floor and blends into the background. The rug should be of suitable size and shape for the space it is to occupy.

**Chair Pads.** A chair pad may be made for a chair in your room to harmonize with the other furnishings of the room. The material used may be a repeat of the drapes, dressing table skirt or bedspread.

It may be made by cutting two layers of cloth the size of the seat of the chair plus seam allowance with padding in between. Narrow straps with snaps or bias ties may be used to keep the pad in place on the chair.

**Lamps.** The so-called “pin-up” wall lamp with indirect lighting is desirable for study, reading or with your dressing unit. This is an inexpensive type of lamp and may be found in colors that will harmonize with the background of your room. Look for simple lines and plain light shades when buying your “pin-up” lamp.

Lamps are not only useful, but may be the accent of decoration as well. You may wish to select a pair of lamps for your dre...
sing table. The most useful lamps are those of simple shape with a heavy enough base so that the lamp will not tip easily or appear top heavy. Plain light shades made of paper or composition are inexpensive and give the best light.

**Pictures.** One or two pictures, well chosen, may add color and charm to a room. A picture should be in harmony with its surroundings. However, in rooms where there is a great deal of color and much pattern in the wall paper, it may be better not to use any pictures.

Select the picture to fit in with the size and shape of the room, to the wall space it is to occupy and to the furniture and other pictures with which it is grouped.

You may wish to mat and frame your own pictures. Oil paintings may be framed close to the picture, while a mat should be used for prints and water colors. The mat enlarges a picture that might otherwise be too small; gives a rest space between the picture and the walls. A mat which is cut out and the picture pasted in, is better than one where the picture is pasted on top of the mat.

**Selection of Mat:**

**Color**—Mat should be somewhat darker in color than the lightest tones in the picture. The modern tendency is to have the mat light. A color of the picture can be repeated in the mat. Some people like to use lines on the mat to outline the picture. If this is done, colors of the picture can be repeated.

**Size**—The greatest margin should be at the bottom to give a restful feeling in framing a vertical or horizontal oblong or a square picture such as the three following suggestions.

- **A vertical oblong**—the eye should be carried up and down with the movement in the picture. The second greatest margin should be at the top, the least on the sides. Bottom margin should be about 11 parts, top seven parts and sides five parts.
- **A horizontal oblong**—the eye should be carried across with the line movement in the picture. The second greatest margin should be at the sides, the least margin on the top. Bottom margin should be about 11 parts, sides seven parts and top five parts.
- **A square**—the sides and top are equal to harmonize with the shape of the square. Bottom margin should be about seven parts, top and sides about five parts.

**Selection of Frame:**

It should harmonize with the picture. Picture which is delicate in color and line, should have a fine frame. The frame should form a rest space between the picture and the wall and should be less noticeable than the picture itself.

Simple molding of natural wood can be keyed to the color of the picture by rubbing color into it or by painting it a solid color. A narrow black frame is good for etchings and prints which have black in their pattern.

**Hanging Pictures:**

A picture should form a unit with a furniture grouping. Generally, a picture should hang so that the center is at the eye level of a person of average height, lower if grouped with a chair or low piece of furniture. Pictures should be hung flat against the wall with all wires concealed.

**The Child's Room**

You can do many things to please little sister and to help train her, by fixing up a corner of a room or doing over a room just for her.

Storage ideas for her are as important as in your own room. Plan and make a place for her to store her toys. Hooks placed low enough for her to reach will help her form the habit of hanging up her own clothes.

**Cast a critical eye about your room, analyze what it needs, make a plan and put it into action.**

Good luck in whatever unit you choose to improve your room. May your enthusiasm and efforts help you to realize some of your dreams for your room.