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your sleeping unit



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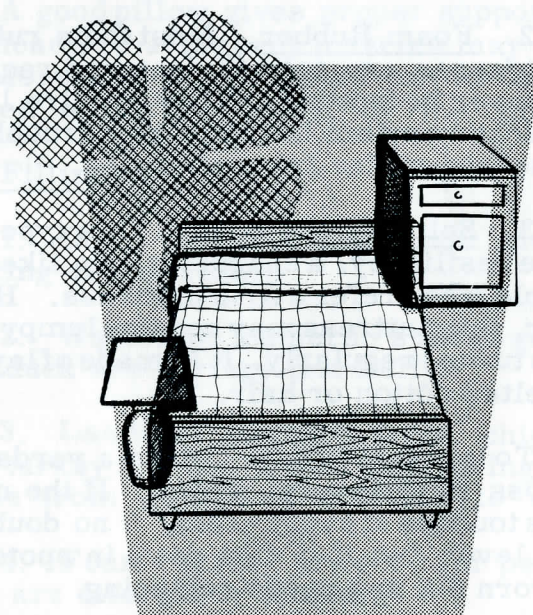
Your Sleeping Unit

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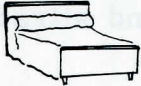
Project Requirements:

1. Arrange a comfortable and attractive sleeping area.
2. Learn about bedding:
mattresses, springs, pillows,
sheets, blankets, bedspreads.
3. Make or improve at least two:
Bed
Headboard
Night stand or table
Bedspread and/or dust ruffle
Pillow cases
Mend or lengthen sheets if necessary - bind blankets
Other
4. Select or make accessories to complete unit:
Lamp
Pillows
Picture
Rug
Other



INTRODUCTION

A comfortable, clean bed is the most important part of your bedroom. A good night's rest, good health and good posture depend to a large extent on your bed and bedding equipment. Besides being comfortable and clean you want your bed to be attractive and well placed in the room.



A COMFORTABLE BED

BEDSTEAD

A good bedstead should be sturdy and should not creak or sway. It should be easy to clean and dust.

When the budget or space is limited it may be well to mount the mattress and springs on legs and eliminate the bedstead. The kind of filling and construction determines how firm or soft the mattress. The three general types of mattresses are innerspring, foam rubber and solid upholstered.

1. Innerspring. This type is built like a sandwich with insulating material and padding on both sides of the springs. The quality of the mattress is determined by the material and workmanship that is put into it.

2. Foam Rubber. Most foam rubber mattresses are only 4" deep and require a deeper bedspring. They require little care and are not likely to give trouble to those who suffer from allergies.

3. Solid Upholstered. This type has little resiliency, a characteristic liked by people who prefer a firm mattress. However, the mattress may become lumpy unless turned regularly. It is made of layers of felted cotton or hair.

To test a mattress, place a yardstick across it at several places. If the mattress touches at every point, it no doubt is still level, but if it dips down in spots, it is worn out and needs replacing.

If you select a mattress carefully and give it good care it will last for many years. Even though you may not need a new mattress, you should know what makes a good quality mattress. When you buy a mattress this information will be helpful.

1. It is good economy to buy the best mattress you can afford.

2. Mattress and springs should be purchased at the same time. Worn out springs will limit the life of a new mattress.

3. The ticking used to cover box-springs and mattress should be closely woven.

4. Borders should be reinforced so they will not sag or break down.

5. On innerspring mattresses, ventilators are important for airing the inside.

6. On a good mattress look for taped edges (machine stitching with tape around the top and bottom edges of the mattress). A round filled edge around a mattress on top and bottom is used on less expensive mattresses.

7. Most states have bedding laws requiring labels on mattresses which describe the materials used, and whether the material is all new or has been renovated.

Care of mattress - for longer life

1. Sun and air regularly.

2. Turn mattresses frequently - side to side one time and end to end the next (Fig. 1).

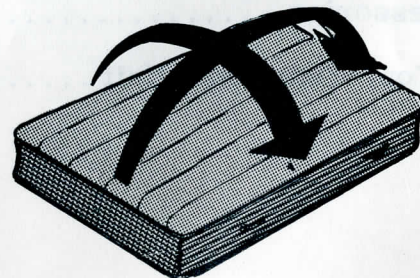


Fig. 1

3. Dust mattress once a month with a stiff brush or vacuum cleaner.

4. Use a mattress pad to keep the mattress clean. Mattress covers can be bought or made from an old quilt. In judging the quality of a ready-made pad hold it up to the light to detect any thin spots in the padding. Also check for even quilting and well finished edges.

SPRINGS

There are three types of springs: box-springs, metal coil springs and flat bed springs.

1. Boxsprings - the coils are mounted on a wood base and tied to each other, to the base and to the border. The top is upholstered with cotton felt or hair and covered with ticking to match the mattress (Fig. 2).

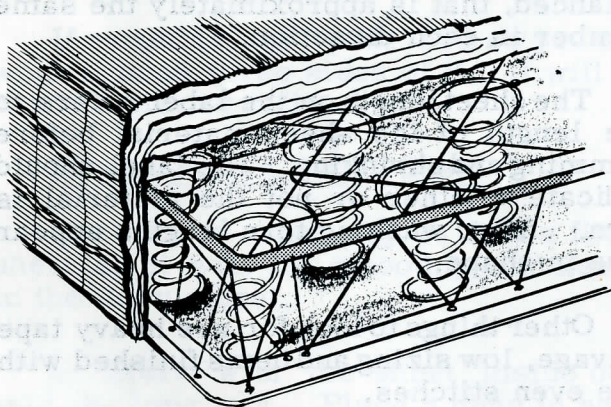


Fig. 2

2. Metal coil springs - the wire coils are not upholstered. (Fig. 3). Cost is less than for box springs.

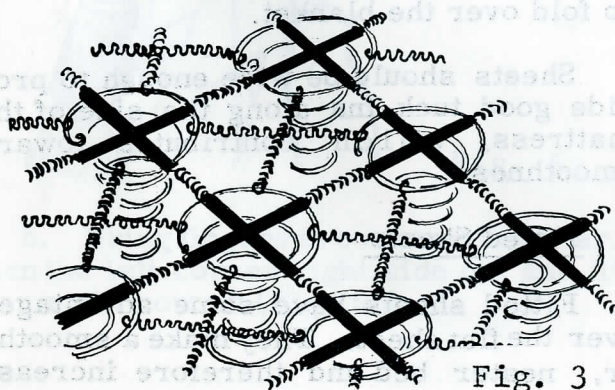


Fig. 3

3. Flat bed springs - this type is made of metal strips or wires running lengthwise on the frame and attached to the ends (Fig. 4).

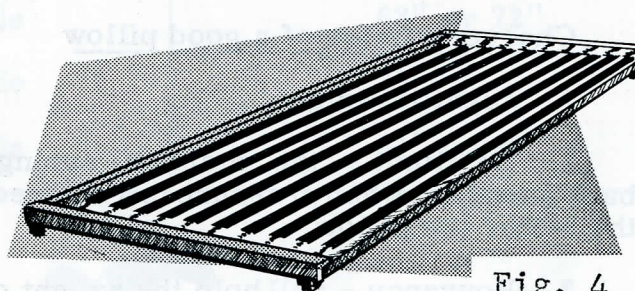


Fig. 4

To test a bed spring a yardstick may be placed across it as was described for testing a mattress. Examine the spring for leaning coils, broken connections and missing spirals.

A spring cover is a wise investment for coil springs. It provides protection to the mattress from being torn on rough edges of the springs and from rust stains caused by springs. To make a spring cover use any closely woven material or cut an old quilt to the proper size and bind the edges with bias tape.

Springs should be dusted frequently with a stiff brush or vacuum cleaner.

PILLOWS

A good pillow gives proper support of the head so that the neck muscles may rest comfortably. A good pillow can be determined to some extent by the filling.

Fillings

1. Down - comes from the soft undercoating of waterfowl.

2. Waterfowl feathers - such as goose and duck are springy and fluffy.

3. Landfowl feathers from chicken and turkey are not as soft and springy as those from waterfowl and tend to mat.

4. Foam rubber - are good for people who are allergic to feathers.

5. Dacron - makes a soft and pliant pillow that is easy to care for.

A combination of down and waterfowl feathers makes a very good filling because all down lacks the springiness of waterfowl feathers.

Characteristics of a good pillow

1. Light in weight.
2. Resilient - the more it springs back into place when pressure is released, the better the pillow.
3. Bouyancy - will hold the weight of the head.
4. Free from odors, dust, lumps and stiff feathers.
5. Closely woven ticking to keep the feathers from working out.

Care

Test your pillow by holding it on out-stretched arm. If it holds its shape it is good, but if it droops, it needs to be replaced (Fig. 5).

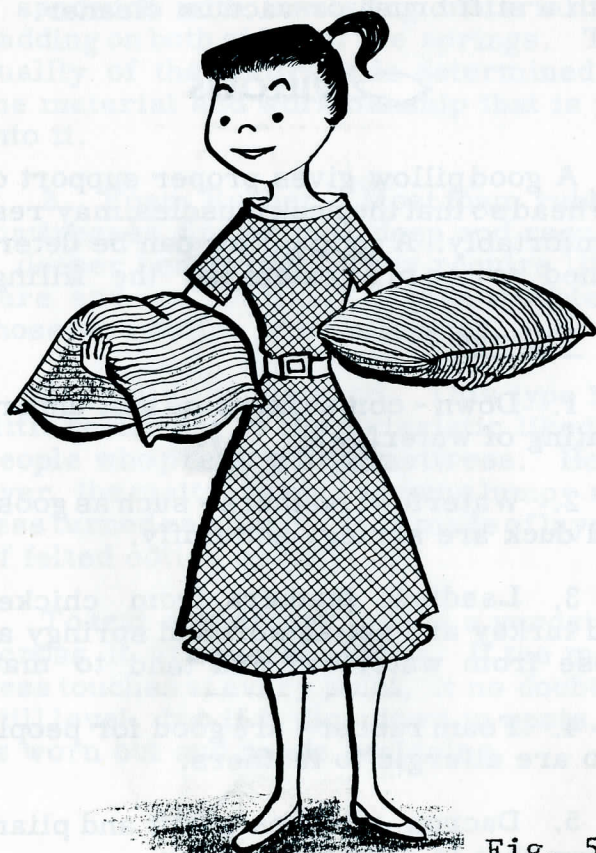


Fig. 5

Fluff pillows every day and air pillows outside in the shade once a month or as often as possible.

Pillow covers can be made from old pillowcases cut shorter and sewed on to keep the ticking clean.

SHEETS

There are two basic types of sheets and fabrics used for pillowcases - muslin and percale. A medium weight muslin is strong and gives satisfactory wear. Percale is a finer quality material and is more expensive.

The numbers 200, 180, 140 and 128, sometimes found on the label, indicate the thread count of the fabric, which is the combined number of warp (length-wise) and filling (crosswise) threads in a square inch of sheeting.

For a durable sheet the number of warp and filling threads should be evenly balanced, that is, approximately the same number in each direction.

The sheet length on the label refers to the length of the sheet material before hemming and shrinking. The label should indicate whether or not the material is torn. After washing torn lengths appear true in shape.

Other things to look for are heavy tape selvage, low sizing and hems finished with fine even stitches.

The under sheet should cover the mattress and allow ample tuck-in at the head and foot of the bed. For the standard or 76" mattress the 108" length sheet is needed. The same length top sheet allows 18" to fold over the blanket.

Sheets should be wide enough to provide good tuck-ins along the side of the mattress, which contributes toward smoothness.

Fitted Sheets

Fitted sheets have some advantages over the flat sheet. They make a smoother, neater bed and therefore increase

What Width Sheet?

	Width of mattress	Width of sheet required
Single or twin bed	39" wide	63" or 72"
Three-quarter bed	48" wide	72"
Double bed	54" wide	81" or 90"

the comfort of the bed. They also save time and labor in bedmaking.

Contour or fitted sheets are made to fit standard, regulation size inner-spring mattresses. They will fit a more shallow foam rubber mattress although they do not stretch as tautly as on a more rigid mattress. Even on a foam rubber mattress they are less inclined to wrinkle during usage than a regular flat sheet.

When changing bed linen it is a good practice to open windows and leave bed uncovered for an hour or two for thorough airing.

If possible, put your bed so you can walk around three sides of it. It will be much easier to make.

How to Fold A Fitted Sheet

Here is an easy way to fold a fitted sheet so it will lie smoothly and neatly in the linen closet.

a. Start with the sheet inside out, held the long way. Place a hand in each of the upper corners (Fig. 6a).



Fig. 6a

b. Bring fingers in corners together. Then the left corner right side out and fit over right corner (Fig. 6b).



Fig. 6b

c. Now you have one corner over the other, as a tailor folds a coat, shoulder into shoulder (Fig. 6c).



Fig. 6c

d. Smooth out sheet edges. Now fit the second set of corners into the other (Fig. 6d).

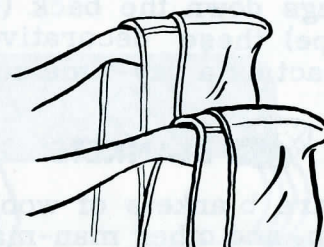


Fig. 6d

e. Repeat the same action, turning left doubled corner inside out, and fitting over the right doubled corner. All four corners are now nested neatly into one corner of four thicknesses (Fig. 6e).

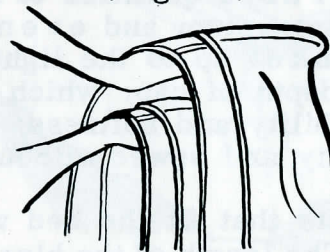


Fig. 6e

f. Smooth all edges and place sheets on a flat surface. Flatten pocket corner. Now your sheet is ready to fold neatly into any desired size to fit in your linen closet (Fig. 6f).

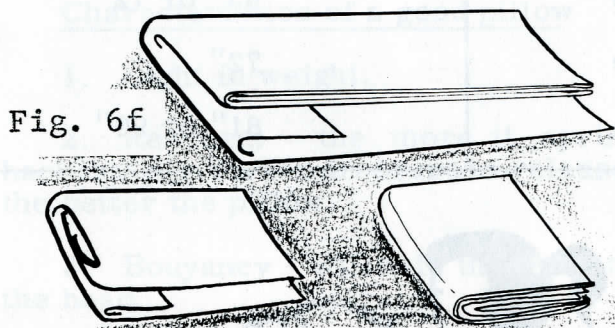


Fig. 6f

PILLOWCASES

Since pillows vary in size, measure the length and width of your pillow to be sure you get the correct size pillowcase. The pillowcase should be about 1 1/2 inches wider and 6 inches longer than the pillow.

If you make your own pillowcases the material should be torn from the bolt to insure straight edges. A plain overcase seam can be used. The hem should be 3" to 3 1/2 inches wide. Hems may be a straight or shaped, plain or decorated with a simple embroidery stitch.

Decorative pillowcases with deep ruffles or tailored ones, depending on the style of the spread, may add a smart note. With openings down the back (zipper or snapper tape) these decorative pillowcases may act as a day-time cover.

BLANKETS

There are blankets of wool, cotton, rayon, orlon, and other man-made fibers as well as mixtures and blends of all these.

The warmth of a blanket does not depend on its weight, but largely on the nap. The desirable qualities to look for in blankets are: firm and evenly woven (hold blanket up to the light and look through); depth of nap, which should not wad; flexibility and softness; binding of good quality and sewed without puckers.

Blankets that fit the bed wear much longer. The length of the blanket should

be determined by the length of the mattress, plus one thickness of the mattress and at least 6 inches for tuck-in at the foot. The width of the blanket should be the width of the mattress plus the thickness of the two sides and a few inches for take-up by the body.

Electric blankets or sheets can keep you warm and comfortable all night even though the north wind howls outside. An automatic control provides the warmth needed to make up for temperature changes.

The best advice about cleaning comes from the manufacturer. In most cases washing is suggested rather than dry cleaning.

Always remember to turn down a generous section of the sheet over the upper part of the blanket or comforter to protect against soil. A blanket protector may also be sewed to keep the top ends from becoming soiled.

QUILTS, COMFORTORS

Quilts and comforters can serve as a bedspread during the day and provide cover for the sleeper at night.

A well-made quilt or comforter will be quilted in a regular pattern with small, even stitches. The closely stitched pattern keeps the filling from shifting as well as adding beauty to the covering.

A patchwork quilt combined with a dust ruffle can give a room a distinctive touch.

BEDSPREADS

One of the main types of bed spreads is made of fabric which is decorated after it is woven by tufting.

This type is easy to wash and requires no ironing. Some lower priced spreads are made of sheeting with a low thread count, but this is less desirable. Some variations of the tufted fabrics made for use in bedspreads are chenille, candlewick or hobnail and punchwork.

Other weaves or combinations of weave

are also used for fabric especially woven for bedspreads providing endless variety of pattern and texture.

Fabrics with a firm weave that have other uses may also be suitable for spreads. Among these are chintz, denim, seersucker and pique.

Qualities to Look for in Bedspreads

1. Workmanship -- neat, durable edge finishes and ample seam allowance are important.

2. Weave -- a closely woven fabric will withstand wear better than a sleazy one.

3. Color resistance to fading. It is important to look for tags and labels giving information regarding resistance to fading from light and washing. Acetate rayon is susceptible to fume fading especially in green and blue shades.

4. Size -- get the proper size for your bed.

5. Low shrinkage -- this is important if the spread is to be the proper size after laundering.

AN ATTRACTIVE SLEEPING UNIT

SUGGESTIONS FOR BEDS

Metal beds of iron or brass and elaborately carved wood may seem very much out of place. You are fortunate if yours has a foot piece high enough to become the new head.

Do you have a bed like this at home? Have you ever thought that you would like to replace it with a Hollywood style? (Fig. 7).

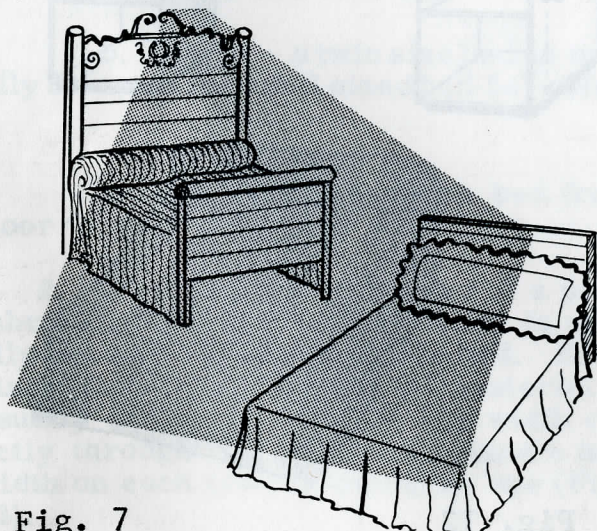


Fig. 7

Here's how you can re-do one of the old beds you have around the house, with the attached bookcase ensemble. The headboard is cut down to within about 12-18 inches above the pillows (Fig. 8).

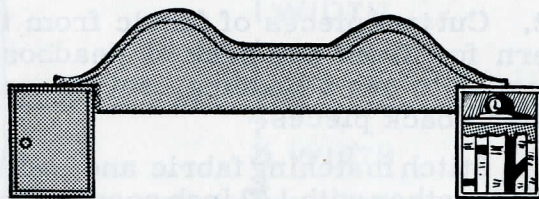


Fig. 8

In cutting down these old beds there are several things one should keep in mind: (1) that the remaining structure will be strong enough to support the mattress and springs; (2) that any rough, sharp edges must be smoothed, filled and covered so as not to injure someone should he bump it and also to prevent the tearing of the bedding; (3) Some old fashioned beds are beautiful and should not be cut off.

See how easy it is! This head was cut down about 6-8 inches and then the quilted slip cover was made to fit neatly over the lowered head. This slip cover can be of a color and style to go nicely with each of the bedspreads you have and will be using (Fig. 9).

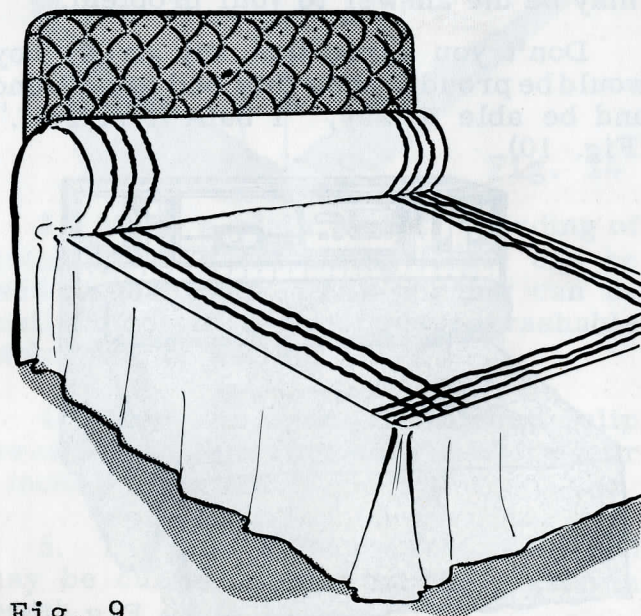


Fig. 9

How to Make a Headboard Slipcover

1. Make a paper pattern to fit the headboard's contour by attaching a piece of paper to the wall behind the headboard and drawing an outline. Allow 1/2 inch all around for seams.

2. Cut two pieces of fabric from this pattern for front and back of headboard. If you wish to use a padding, cut the same front and back pieces.

3. Stitch matching fabric and padding pieces together with 1/2 inch seam. Turn to the right side and press.

4. Hem the lower edge. For easy laundering, make the padded section separately.

If the headboard is thick, you may wish to use a boxing strip to set between the front and back, all the way around the edge. The slipcover may fit more smoothly.

For an added decorative touch you could stitch cording of matching or harmonizing fabric in the seams.

You can make an attractive headboard by covering wall board or plywood with fabric, plastic or wallpaper. Tack fabric down so it can be removed for laundering. Padding behind the fabric gives a very nice effect. Fabric covered nail-on buttons give a professional look.

If your room is too small for a bed-side table, the built-in storage headboard may be the answer to your problem.

Don't you agree that any girl or boy would be proud to show this bed to a friend and be able to say, "I built it myself." (Fig. 10).

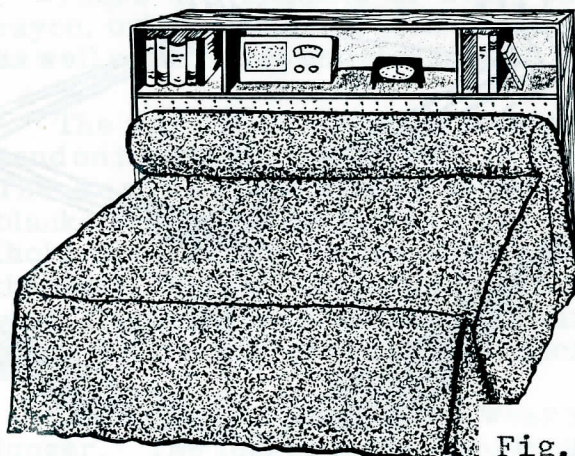


Fig. 10

A cabinet may be built to fit over a three-quarter or double bed lengthwise, to make a comfortable sofa and provide storage space for pillows or blankets (Fig. 11).

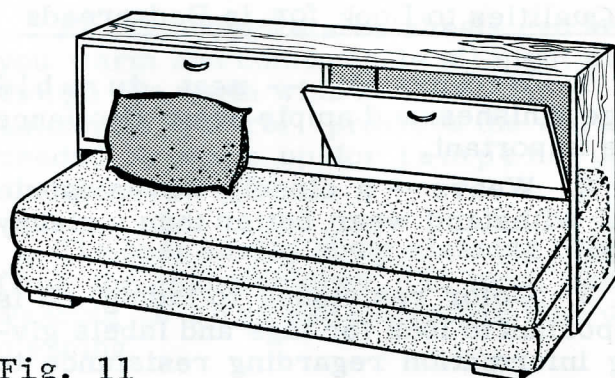


Fig. 11

During the day when the bed is pushed under the cabinet the latter serves as a backrest and a stand for lamps and other objects. At night the bed is pulled out.

A blanket storage unit may be fastened with strong screws to book cases or chests and placed on either side of the bed.

This combination gives a built-in look, but can be taken apart for moving (Fig. 12).

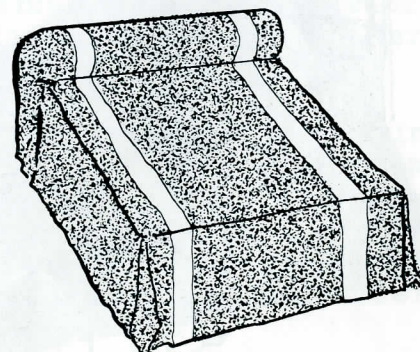
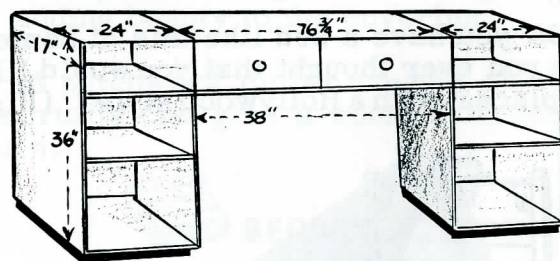


Fig. 12

MAKING BEDSPREADS

Bedspreads are an important part of the decorating of a bedroom because usually they are the largest area of color or design in the room. They should harmonize with the bed and the room in style, texture and color. Bedspreads can be solid colored or patterned; feminine or tailored; bright, light or dark. A solid colored spread is good in a room with figured wallpaper.

Since the bedspread covers a relatively large area it should, as a rule, be in a plain fabric of the dominant color in the room. A patterned spread increases the apparent size of the bed and thus decreases the apparent size of the room. If the room is small a soft grayed color of the same hue as the walls will help make a large bed appear smaller, thus increasing the apparent size of the room.

If your bedspread is not the right color, you might dye it to fit in with your color scheme.

Making a Bedspread

1. Measure the length, width and height of the bed accurately.

a. Length - Measure from head to foot of bed, usually 76". If the bed has a foot-board add the number of inches needed to tuck-in. If there is not a foot-board, add the height of the bed for a floor-touching spread. If the spread is to cover the pillows add another 30" for ample material to cover pillows and tuck-in.

b. Width - a twin size bed is usually 39" wide and a full sized bed 54" wide.

c. Height - Measure bed from floor to top.

2. If you make your spread of a plain fabric, two lengths of 48" material is usually adequate for a double bed. For a single bed two lengths of 39" material is usually adequate. Divide one width exactly through the center and place a half width on each side of the whole one (Fig. 13).

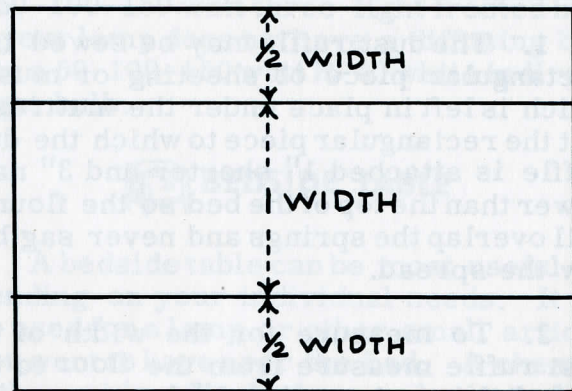


Fig. 13

You may wish to have a lengthwise center panel with equal widths added to each side to cover the width of the bed. Example: 45" material for a 54" bed. 45" less 1" for seam allowances ($1/2$ " seam allowance on each side) leaves actual width 44" wide. Therefore 10 more inches is needed plus 2" for seams. That is 5" on each side of the center panel and four $1/2$ " seams. To the side of each five inch panel add a piece the height of the bed plus $1/2$ " seam allowance and another $2 1/2$ " for hem (Fig. 14).

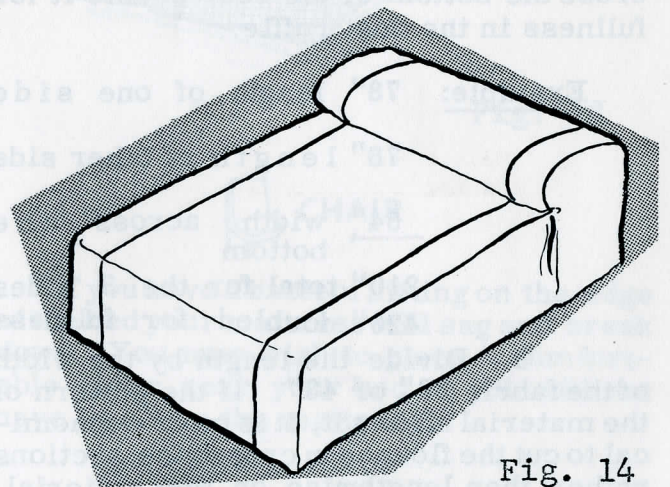


Fig. 14

3. Make a plain seam. Cording of matching or harmonizing fabric can be used in the seam. The cording can be easily made of a bias covered washable cable cord or welting.

4. When the seam is stitched, clip the selvage with a diagonal cut every 2 or 3 inches.

5. The corners at the foot of the bed may be curved so that they hang even in length.

MAKING A DUST RUFFLE

1. The dust ruffle may be sewed to a rectangular piece of sheeting or muslin which is left in place under the mattress. Cut the rectangular piece to which the dust ruffle is attached 1" shorter and 3" narrower than the top of the bed so the flounce will overlap the springs and never sag below the spread.

2. To measure for the width of the dust ruffle measure from the floor to the top of the springs plus 2" for an overlap of the springs, plus another 2" for hem and top seam.

Example: 17" from floor to top of springs

2" for overlap of springs

2" for hem and top seam

21" width for dust ruffle

3. To determine the amount of material required for the dust ruffle:

a. Measure the two sides and across the bottom of the bed, double it for fullness in the dust ruffle.

Example: 78" length of one side

78" length of other side

54" width across the bottom

210" total for the 3 sides

420" doubled for fullness

b. Divide the length by the width of the fabric 36" or 48". If the pattern of the material allows it, it is most economical to cut the flounce in crosswise sections rather than lengthwise on the material.

Example: $420" \div 36" = 12$ strips

c. Multiply the number of strips by their depth.

Example: 12 strips x 21" depth equals 252"

Convert the inches into yards by dividing by 36"

Example: $252" \div 36" = 7$ yards

4. Sew strips together to make a long flounce.

5. Hem the ruffle. Turn and press $1/2"$ and then an inch for the hem.

6. The ruffle may be gathered or pleated.

7. After the ruffle is gathered or pleated sew it around the 3 sides of the rectangle cut in step 1, (Fig. 15).

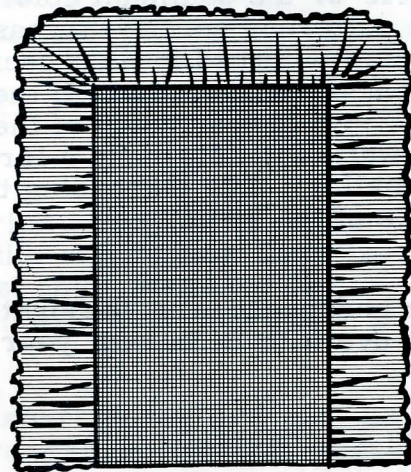


Fig. 15

8. Make a $1/2"$ hem across the two ends of the ruffle and rectangle.



LIGHTING

If you enjoy reading in bed you should provide your sleeping unit with adequate lighting for proper seeing conditions. You may use a table lamp or a wall lamp. The lamp that clamps to the headboard is usually not sufficient for reading.

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

The table lamp should be placed on a bedside table approximately 26 to 28 inches high for all beds except the low modern bed. To place the lamp properly on the table measure 22 inches from the center of the book to the side near the table and 16 inches at right angle toward the wall. The center of the lamp shade should be 20 inches above the top of the mattress (Fig. 16).



Fig. 16

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. 17).



Fig. 17

For the lamp with a diffusing bowl use a 50-100-150 watt three-light 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

A bedside table can be most useful depending on your individual needs. It can be used for a lamp or other small articles you want to have near the bed. A chest on either side of a bed can substitute for a night table and provide more storage space. The finish should be in harmony with the other furnishings in your room (Fig. 18).

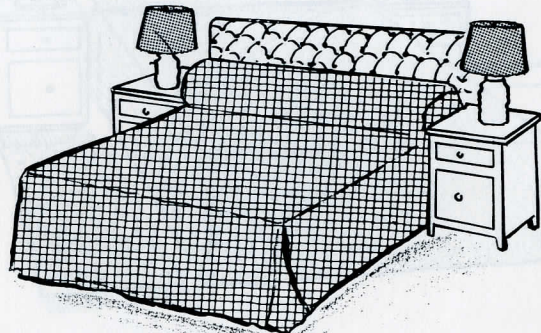


Fig. 18



CHAIR

If you have a habit of sitting on the edge of the bed your mattress will sag and break down. You may wish to place a comfortable chair near your bed so you will not have to sit on the mattress.



ACCESSORIES

For an added decorative touch, you may want to make pillows to place on top of your bed.

If well-chosen a picture or a group of pictures over the bed can be very attractive. Select subjects that are appropriate for a girl or boys room and colors that blend with your color scheme. Since the bed is a rather large piece of furniture, it requires a large picture or group of pic-

tures for the wall area above it. A common tendency is to hang pictures too high. A picture looks best when it is hung close enough to a piece of furniture so that the two are seen as a unit.

A throw rug beside the bed may add color and help complete your sleeping unit (Fig. 19).

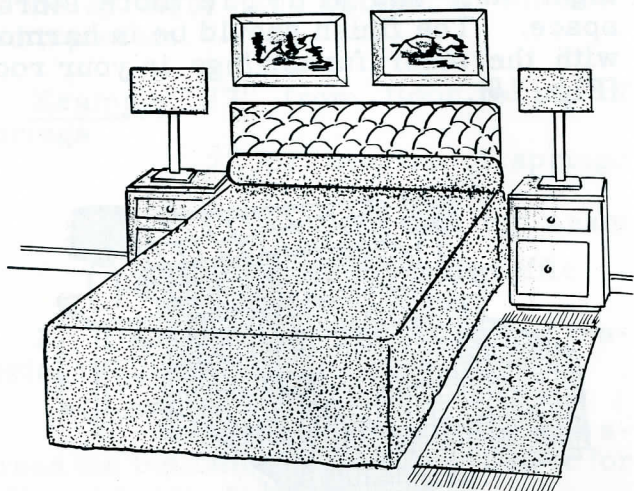


Fig. 19



CHECK YOUR COMPLETED LIST

When you have finished assembling your bed with its bedding and accessories, take a final and critical look. Aren't you proud to have an attractive and comfortable sleeping unit!



your sleeping unit

