



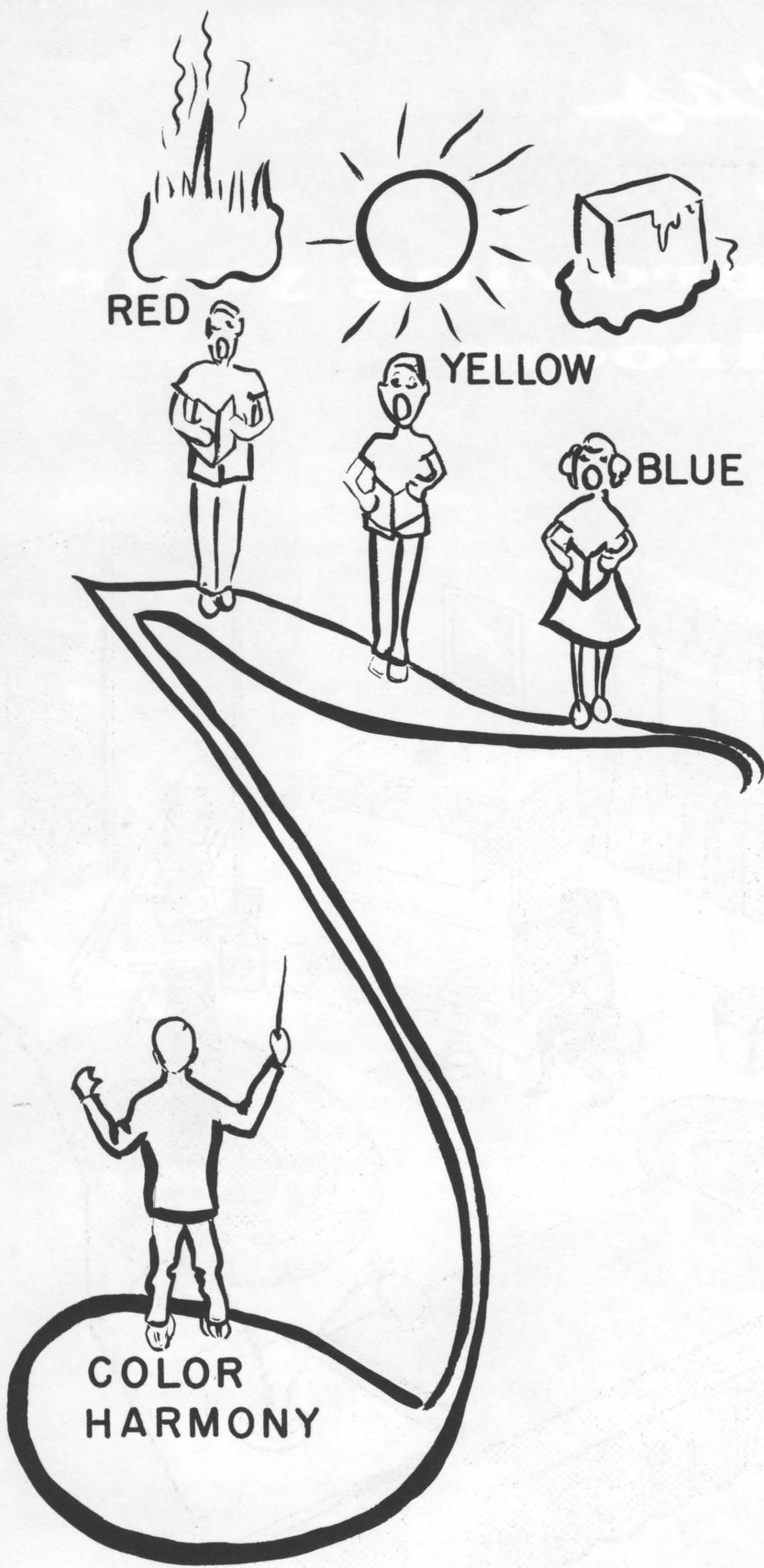
# Ideas

## for improving your bedroom



TEXAS A&M UNIVERSITY  
TEXAS AGRICULTURAL EXTENSION SERVICE  
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You can color these figures.

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# IDEAS FOR IMPROVING YOUR BEDROOM

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**Y**OU CAN MAKE YOUR BEDROOM prettier, and more useful and have fun doing it. First, talk with your family, home demonstration agent and your leader. Your mother can help you decide what to do about your room and how to begin. Your parents and older brothers and sisters can help with jobs you cannot do alone.

Take pictures of your room before you begin and after you finish. This will help you and others see the improvements you made.

Plan the improvements for your bedroom with your home demonstration agent or a leader who works with her.

Make a plan for the things you want to do when you begin work. Keep a scrapbook of ideas; study bulletins and magazines. Try to get at least six things done this year and more each year, until you complete your plans.

Things you can do:

1. Make a scrapbook of ideas.
2. Select attractive colors for your room.
3. Provide a place for your books and things you want to show.
4. Improve your clothes closet.
5. Improve your drawer space.
6. Make a wastebasket.
7. Make or select curtains.
8. Make a protector for comforts or blankets.
9. Select and hang pictures.
10. Arrange a place for study or a dressing table.
11. Arrange flowers for your room once a week during the growing season.
12. Paint walls or have them papered.

13. Clean your room and keep it orderly. Study 4H-52, "Clean Your Room the Easy Way."
14. Make your bed daily for a month. Study L-323, "Making a Bed Is Easy!"
15. Change the sheets and pillow cases each week for a month. Follow instructions in L-323.
16. Keep an accurate record of improvements made, including their cost and the money saved by doing the work yourself, and making articles instead of buying them.

## Room Colors

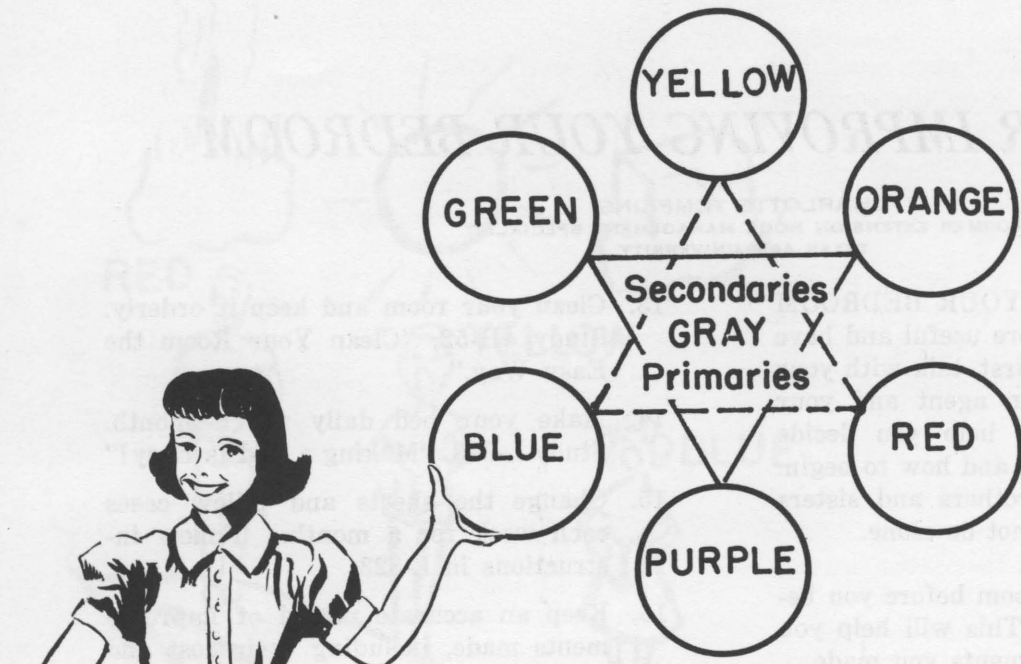
Here are some suggestions for combining colors so that they create color harmony.

Color the circles in the wheel as they are labeled, Page 4. Use your color crayons. There are many lighter tints and darker shades of each color. Now trace and cut out circles with the lines and black dots. Place the center of the circle on the center of the color wheel so that the dots are over colored circles. Shades and tints of the colors which the dots touch can be used to create a color harmony for your room. Turn the circle and you have another good color combination. Try all of the circles. Color little spots on paper putting colors together (for desirable combinations).

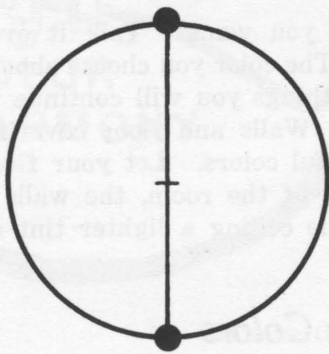
What colors do you want? Talk it over with your mother. The color you choose should look well with the things you will continue to use in your room. Walls and floor covering should be soft, restful colors. Let your floor be the darkest part of the room, the walls a lighter color and the ceiling a lighter tint of the wall color.

## Cool or Warm Colors

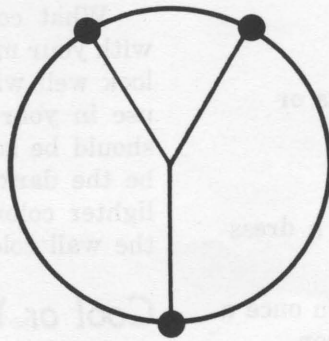
If your room is on the north or east side of the house where it seems cool, you can use



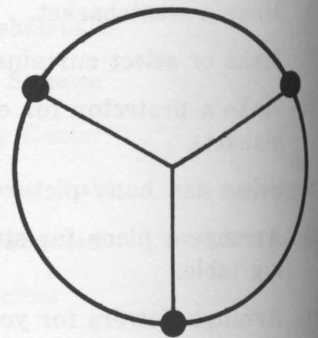
COLOR WHEEL



Complementary



Split-complementary



Triad



warm colors — pink, yellow, cream, peach or rosy gray. If your room is on the south or west side, it is on the warm side and you should use cool colors — blue, green or aqua. Small amounts of warm colors may be used with the cool ones.

If your room is small or if it gets little sun, use a light color, off-white or a tint of the wall color on the ceiling for good lighting. Dark colors make the room dark and may cause eye strain.

Walls are the background of the room and show off other furnishings. You will want your walls a color you can "live with." Walls should not be so bright that they seem to jump out at you as you step into the room. The grayed or neutral small swatches of color on the paint card may not look interesting. However, bright colors look brighter and more intense on large areas such as walls. You may need to lighten or gray the color you buy before you put it on the walls. How bright or how neutral should wall color be? Although bright colors are popular, they are not suitable for walls. Save the bright and gay colors for accent—for pillows, small chairs and for use in small areas.

## Painting Your Walls

If you want to paint your walls, mother or dad can help you decide what kind of paint to use. A flat wall paint looks better than a shiny paint. A rubber base paint is easy to apply and can be used on wallboard or wallpaper. It flows easily, dries quickly and is washable. It can be washed out of the paint brush or roller with water.

You will need:

Newspapers—They catch paint that you drop on the floor.

Step ladder—Be sure it is steady! This will help you reach the high places.

Paint brush—Use a 2-inch paint brush for corners.

Pan and roller—This makes the job easier.

Cloth—Use this to wipe spills before they dry.

## Before You Start

Get someone to help you move furniture away from the walls. Spread newspapers on the floor of the room that you are going to paint to make cleaning easy.

Open the can and stir the paint with a clean stick. Do this outside the house.

Paint the ceiling first. Use a small brush to paint a 2-inch strip where the wall joins the ceiling, in the corners and around the woodwork. This lets you roll over the edges of this strip without the roller touching the ceiling or woodwork.

You can do the job more quickly and easily with a roller and shallow pan bought at the paint store. If you use a roller, pour paint into the pan until it covers about two-thirds of the pan surface. Roll the roller from the dry end of the pan down into the paint, covering the entire roller. Then roll it back over the dry end to roll out excess paint. Do not overload, but do not skimp. You will learn to keep just enough paint on the roller to keep it from dripping.



## How to Paint

Roll paint on the surface lightly and evenly. Begin in a corner of the wall about 2 feet below the ceiling. Roll up, then down over the same area. Roll a second strip along the first, slightly overlapping. Always work from the dry area into the wet edge. Now roll lightly across the strips to blend them.

Take your time so that you can do a nice, neat job. Rest after painting a whole wall, not in the middle of one.

Keep a cloth handy and wipe up drips immediately. Step back and see how pretty and cheerful the new color looks.

As soon as you finish, wash the brush or roller in soapy water and rinse. Do not let

the paint harden. If you have to rest for a while, wash the brush and roller.

After you finish painting, fold up the paper and clean up the room. This is part of the job.

## Choosing Wallpaper

The designs you see in the wallpaper sample books will look smaller on the walls, but the colors will look darker. Paper for small rooms should be plain or have small, inconspicuous designs and soft, restful colors. When curtains, bedspread or rugs are figured, the walls should be plain. Pictures often do not look well on figured walls. However, if your walls are rough or uneven, figured paper will make uneven places less noticeable.

Soft, striped wallpaper can make the ceiling look higher if the stripes are up and down.

When you have found two or three samples you like, take a roll of each home. Pin a strip of one roll on the wall. Look at it 2 or 3 days, particularly at night. Does it look well with



your furniture, curtains and pictures? Are the colors right? Avoid a paper that has the kind of spots or points you count when you are ill.

Paper that has scenes, flowers, vines, animals or people is called "busy" or "spotty." Spotty paper is not restful in a bedroom because your eyes will keep following the design.

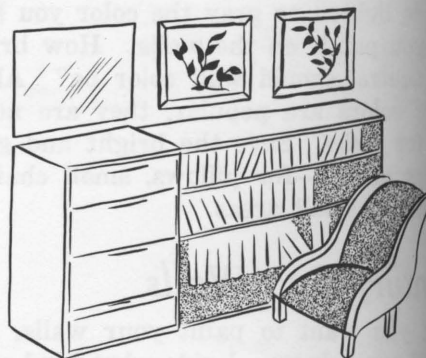
The ceiling of a papered room should be a very light tint of one of the colors in the paper. Woodwork looks well if it matches the background color in the paper.

## Pictures

Pictures add interest and charm to your room.



When selecting a picture, be sure it is one you will enjoy more each time you look at it. It may be a copy of a painting by a famous artist, a flower print, a bird print or a landscape that has the colors you would like in your room. Keep photographs of your family and friends in your bedroom and display only a few at a time. Keep most of them in a box or drawer for protection against dust and fading.



You can get special slanting picture hooks at the hardware or dime store for hanging pictures.

Hang a picture flat against the wall so that the wire does not show above it. If the wire shows, it leads your eye away from the picture.

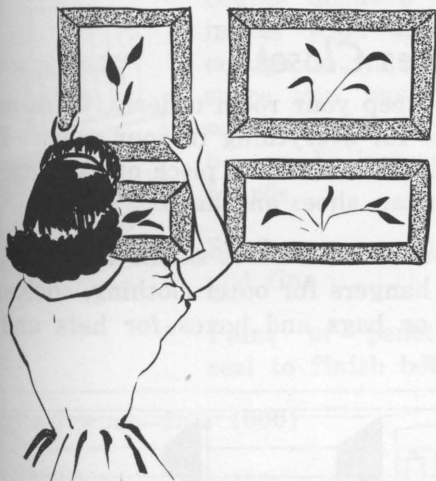


This . . . . . Not This

A picture usually looks better when it is hung over a piece of furniture at a height to make the picture and the furniture seem to belong together.

Pictures or a group of pictures can be hung over a chest of drawers, a desk or table or over the headboard if you have a Hollywood-type bed or a low headboard. A bulletin board hung over your study table conveniently holds your school programs, snapshots, 4-H ribbons or other collections. Hang it as though it were a large picture.

Small pictures usually look better when they are grouped. Pictures belong in groups when they are similar in color, subject and



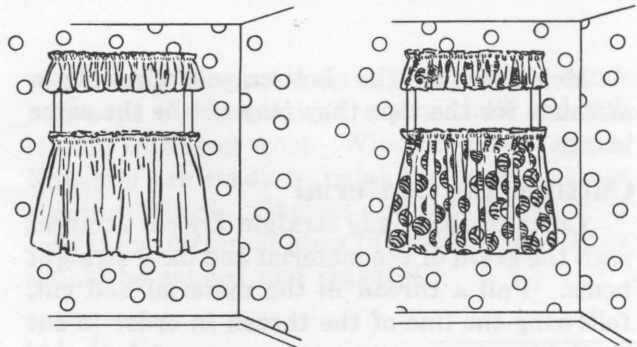
Keep outer edges of pictures grouped regular.

framing. Two or more bird pictures may be hung together or flower prints, animals or landscapes may be used together.

You might want to have a group of pictures and one other picture in your room, but you need only a few. If you have too many pictures, put some away and change your wall pictures occasionally.

## Curtains

Make or buy new curtains if you need them. If your wall or any part of your room has a pattern, plain curtains will look best. If your walls are plain and you have very little pattern or figured materials on the bed and other furnishings, use plain curtains or choose a pretty print. Select a print that has some of your wall color and some of the other colors used in your room. Get a small all-over pat-

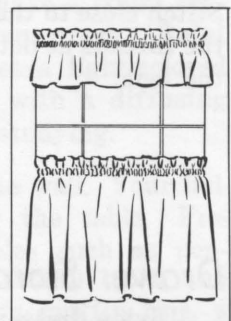
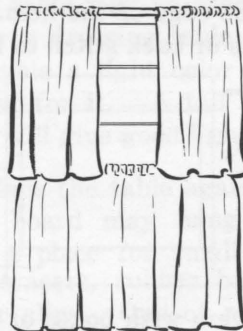


This . . . . . Not This

tern that does not have to be matched in design.

Cafe curtains make windows attractive. They are half curtains that hang from the top of the lower sash to the window sill. You can use another cafe curtain at the top or a short one that looks like a ruffle. The lower half will make your room private. The top curtain can be pushed back to let in more light or closed to keep out bright sunlight.

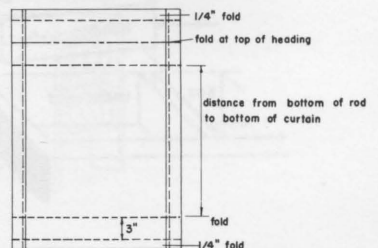
You will need two curtain rods on each window for cafe curtains.



## Measuring Curtains

Careful measuring for curtains is important. Be generous when you buy material, but do not waste it.

Select and put up the rods first. Be careful to measure from the rods for more accurate measurements. Use a yardstick or steel tape to measure. (A cloth tape may stretch.) Measure the distance from the bottom of the curtain rod to the point where the curtain will stop. Add 2 inches for heading, 2 inches for casing for the curtain rod, 3 inches for a bottom hem plus 1/4-inch turn-under on both top and bottom hems to hide raw edges.

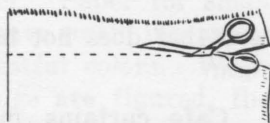
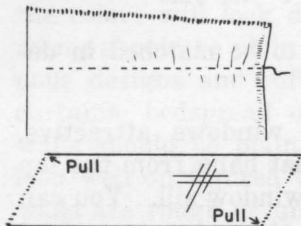




Measure for the bottom curtains, then measure for the top; they may not be the same length.

### Cutting the Material

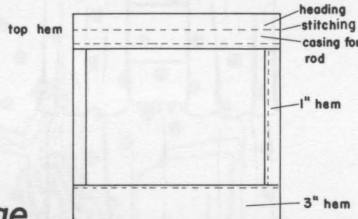
Curtains that hang straight are cut straight *with* the grain of the material and have straight hems. Pull a thread in the material and cut, following the line of the thread in order to cut straight.



Measure from the straight cut edge for the length of your curtain plus the hem. If it does not look straight, pull it from the short corner and the opposite corner at the same time until it is straight.

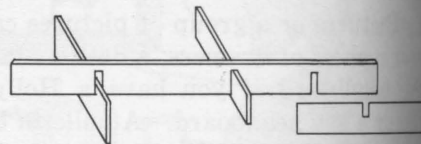
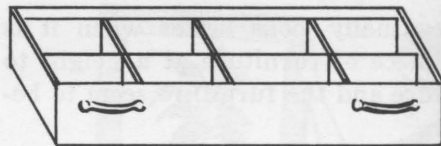
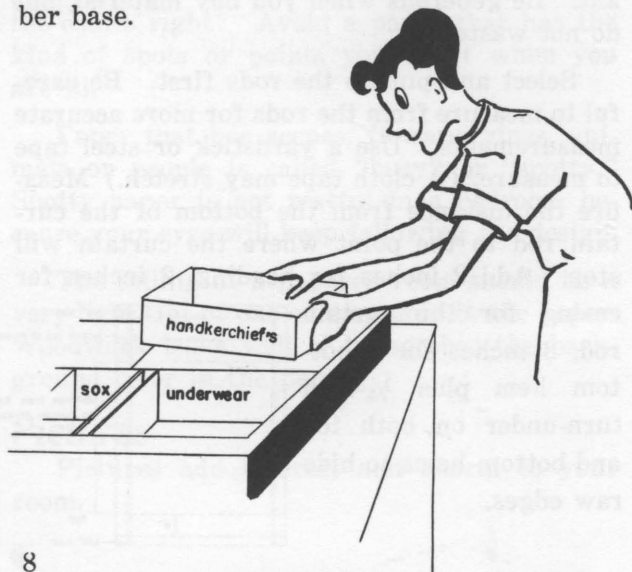
Cut all the pieces needed. You should cut off the selvage and hem the sides, but you may leave the selvages and put no hems in the side. Stitch close to the inside edge of the hem. Tie the threads at both ends or back stitch to finish the hem.

Measure from the straight cut edge for the length of your curtain plus the hem. If it does not look straight, pull it from the short corner and the opposite corner at the same time until it is straight.



### Drawer Storage

Divide dresser drawers with boxes or other dividers to keep things orderly and easy to find. Find boxes that fit and cover them with pretty paper or paint that has a water or rubber base.



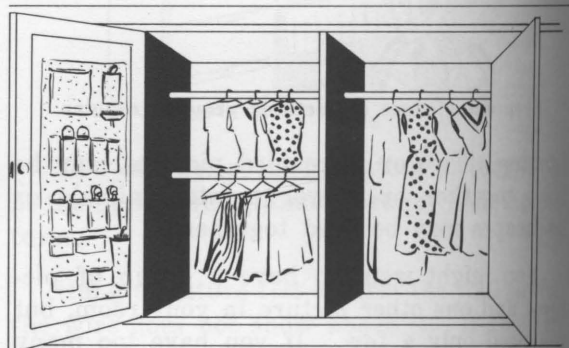
You can make this drawer divider with heavy cardboard or light-weight lumber from packing crates or you can use  $\frac{1}{4}$ -inch plywood.

Sand wood dividers until they are very smooth; then paint them a color that matches or harmonizes with other things in your room.

### Clothes Closet

To keep your room orderly, there must be a place for everything in your room. Do you have a place for each piece of clothing, socks, underwear, shoes and hankies?

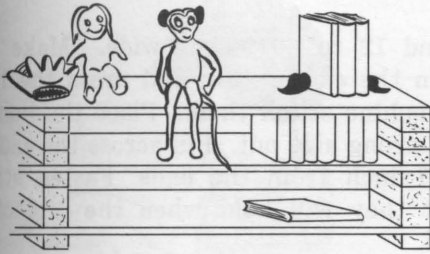
Your clothes closet should have one rod or more, hangers for outer clothing, shelves, shoe racks or bags and boxes for hats and other articles.



Good lighting is important when you want to find stored items. Light-colored walls, especially yellow and cream, will help. The color should harmonize with your room. A good location for an electric light is just above the door inside the closet.

You can make or buy attractive accessories for your closet. These may be garment bags, shoulder protectors, covered boxes for sweaters, hats, shoes or extra blankets and shoe racks or bags. Study MP-173, "Fact About Clothing Care."





## Bookshelves

Arrange a place for your books and the things you want to display. Your family may have a bookcase you can use, or you can arrange shelves with bricks and boards.

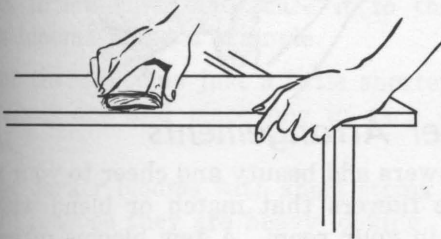
To arrange shelves you will need:

1. Two or three seasoned boards about 9 to 12 inches wide and long enough to fit the wall space you have. Plywood  $\frac{3}{4}$  inch thick can be used instead of boards
2. Sandpaper — medium and fine
3. Paint or penetrating seal to finish boards

4. Steel wool—fine (000)

5. Bricks

Place these shelves along a wall, near a chair, under a window or near your study table. They can hold books or your hobby collection.

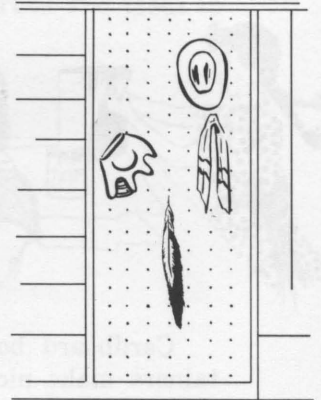


Rub the boards with sandpaper until they are smooth as satin. Begin with medium sandpaper and finish with the fine grade. Rub the boards with the grain (lengthwise). You can buy a holder for the sandpaper or make one by wrapping the pieces of sandpaper around three sides of a block of wood. Hold it tightly while

you sand. When you have finished the sanding, wipe the board with a dry cloth and rub it with fine steel wool. Wipe the board again. Now you are ready to paint the boards or use a natural finish. Shelves also may be made by combining different sizes of wood boxes. They should be sanded and finished.

## Wall Storage

For wall storage get a piece of peg board and fasten it to a wall space conveniently located in your room. It will look nicer if it has a narrow frame around the edge. Use several sizes of hooks to hang play things. It will provide a convenient place for your coat and hat.



## Study Center

A table may be used to make a study center or a dressing table for your room. Paint the table a light color or get a light-colored blotter for it. A tall lamp with a diffusing bowl will give good light for studying.

Place the table against the wall. Your bulletin board may hang over the table. Provide a place for small articles such as pencils, erasers, rubber bands, thumb tacks and paper clips. One of mother's muffin tins, a plastic divider from the dime store or dividers made of small boxes will keep your desk neat. Keep books on the shelves you made. Be sure to put school books on the shelves at night so you can find them quickly when it is time to leave for school. Your study center can be in another room if your room is small.



## Dressing Table

If you need a dressing table, put a skirt around a table or buy an unfinished dressing table and finish it. Make a skirt and place a mirror over the table.

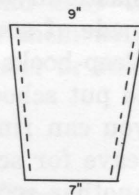
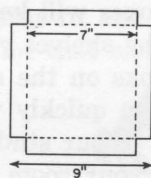
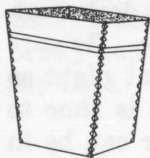
## Wastebaskets



Make a wastebasket for your room. You can get a 5-quart oil can from service stations. This is a good size for your room. Cut out the top smoothly. Wash with hot sudsy water, rinse and dry. Paint inside and out with enamel paint (the kind used for metal).

Cardboard boxes or large ice cream containers make nice wastebaskets if you paper them with wallpaper or other decorative paper.

You can make a wastebasket by lacing four sides of heavy cardboard together. Make four sides—9 inches at the top and 7 inches at the bottom. Make the bottom piece 9 inches square. Draw lines 1 inch from the edge with a ruler. Cut out the 1-inch corner squares and cut holes  $\frac{1}{4}$  inch apart. Turn the 1-inch sides of the bottom piece up and glue to the sides after they are laced together. You also can use  $\frac{1}{4}$ -inch plywood which is put together with nails or glue or both. Make the bottom 7 inches square.



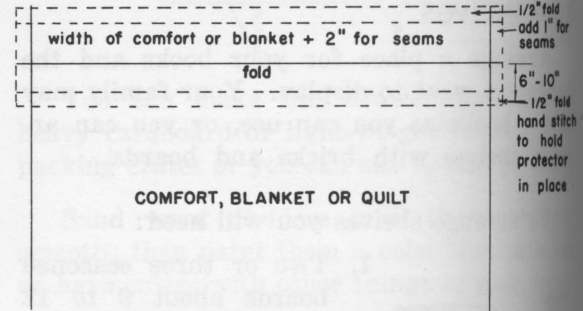
## Protectors

Protectors are nice for comforts, quilts or blankets. When bedding touches the skin, it becomes soiled. Protectors will prevent this.

Protectors should be made of smooth, washable material.

Measure across the end of the blanket or comfort you want to protect; add about 2 inches for seams. If the blanket is 70 inches across, you need a piece of material 72 inches

long and 12 to 20 inches wide. Make small hems in the edges. Pin and press the hems; then machine stitch them. Place the hems together wrong side out. Pin across the ends and stitch 1 inch from the ends. Fasten stitches so that they will hold when the protector is washed.



Fit the protector over the blanket end. Pin it in place and baste. Make your basting stitches even, about  $\frac{1}{2}$  inch long, and fasten them at the ends of the thread. They hold the protector in place until it is taken off for washing. Your mother or your leader can show you how to fasten the thread. You may tie it at the end or stitch it several times in the same place to make it stay.



## Flower Arrangements

Flowers add beauty and cheer to your room. Choose flowers that match or blend with the colors in your room. A few blooms often look better than a large bouquet. Cut lighter flowers with long stems and a few larger dark blossoms with shorter stems. Use flowers of similar colors together, such as pink with rose or yellow with orange. Put the stems in water up to the blossoms. Leave them several hours so they will absorb as much water as they can so they will last a long time.

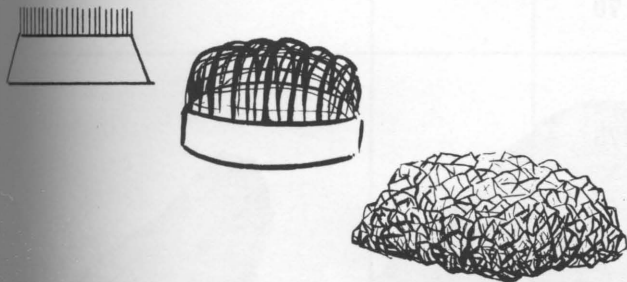




Choose a low bowl, that is plain in design and neutral in color because you want your flowers to show instead of the bowl. Look at the sketches for suggestions to make flowers stand up in the bowl.

If you do not have flowers, use twigs of green leaves to bring freshness into your room.

Modeling clay keeps the holder in place. Give the holder a twist as you press down. It will stay in place when you fill the bowl with water.



Cut the stem of one of the lighter, smaller blooms to a length of about one and one-half times the width of your bowl and place it in the back of the holder near the center. Cut another light one a little shorter and place it over to the right near the front. Cut another just a little longer and place it to the left. These blooms make a triangle.

Cut three blooms just a little shorter than the tallest one and place one in each of the spaces.

Use darker blooms with short stems at the bottom because they are heavy looking. These will be the shortest stems of all. Use at least two shorter than the other so that some of the green leaves or petals come out over the edge of the bowl.

If you notice empty-looking spots, use a few more blooms.

Try to have flowers or colored berries in your garden the year around so you can al-

ways have them for your room. You can use tulips, jonquils and early blooming flowering shrubs such as jasmine, pussy willow and japonica in early spring. You can have petunias and zinnias all summer, and chrysanthemums are colorful in the fall. In the winter, when cut flowers are not available, put ivy, philodendron or an African violet in your room or use branches of evergreen shrubs and trees in arrangements.



## Care of Your Room

Now that you have improved your room, how will you keep it attractive? Begin by giving your room some care each day. If you make the bed, put books and magazines in place, put away clothing and straighten tops of tables, your room will look well-kept. This job will be easier if you keep only a few things on top of your desk, shelves and dresser. Shades and curtains may need adjusting and the wastebasket may need emptying.

Change the sheets and give your room a good cleaning once a week. Learn the easiest way to do this well and then do it the same way each time. This helps you do the job more quickly and is less tiring.

Now, show your room to your friends. Use the before pictures to show how much you have done.

Perhaps you have thought of other things you could do to improve your room. Talk them over with your mother and leader.

Write a story about improving your bedroom while it is fresh in your mind and keep the story for your 4-H records. Use before and after pictures for your records and keep the negatives in a safe place.

Choose a place, perhaps on the closet shelf, to keep 4-H records. Fix a box and label it 4-H records. Keep records of money and time spent on improving your room. How many new things did you learn to do? List them.

## How Would You Score **Your Bedroom?**

	PERFECT SCORE	YOUR SCORE	YOUR PLANS FOR IMPROVEMENTS
<b>1. Sanitation</b> - - - - - 140 points Ventilation Screening Cleanliness and convenience	45 65 30		
<b>2. Lighting</b> - - - - - 100 points Natural Artificial	70 30		
<b>3. Interior finish</b> - - - - - 160 points Walls and ceiling Woodwork Floors	70 20 70		
<b>4. Furnishings</b> - - - - - 350 points Furniture Adequate . . . . . 60 Appropriate . . . . . 15 Comfortable . . . . . 50 Condition . . . . . 25 Arrangement . . . . . 25 Curtains Floor coverings or finish Bedding Linens Picture Selection Picture Hanging and framing Decorative objects, flowers or plants	175      25 25 40 30 15 15 25		
<b>5. Storage</b> - - - - - 150 points Adequate Well arranged	50 100		
<b>6. General Appearance</b> - - - 100 points Attractive Restful	50 50		

**TOTAL 1000**