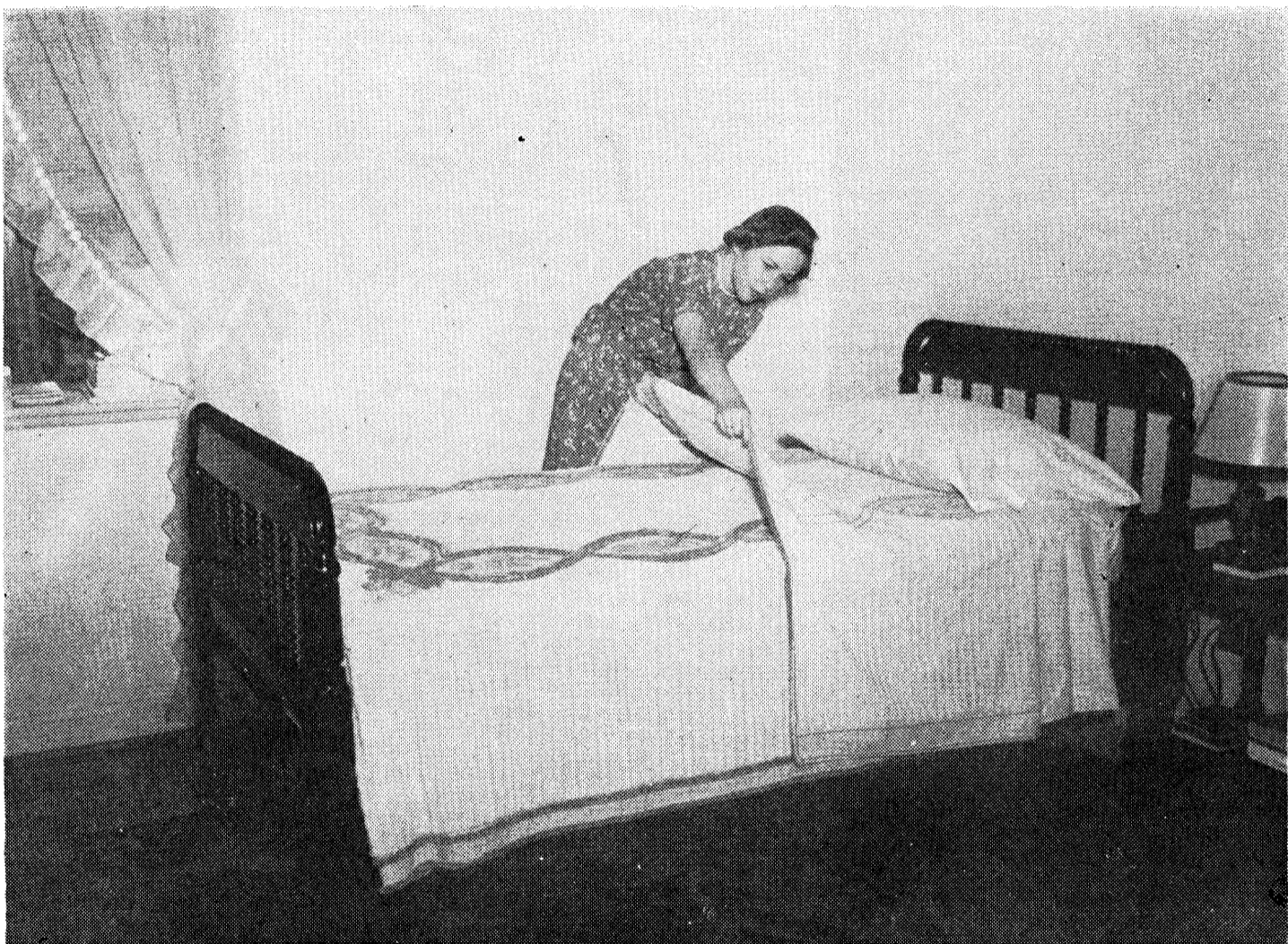


# The Clean and Comfortable Bed



**NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING  
OF THE  
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AND  
U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING  
N. C. AGRICULTURAL EXTENSION SERVICE  
I. O. SCHAUB, DIRECTOR  
STATE COLLEGE STATION  
RALEIGH**

# THE CLEAN AND COMFORTABLE BED

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PAULINE E. GORDON

*Extension Specialist in Home Management  
and House Furnishings*

MAMIE N. WHISNANT

*Assistant Extension Specialist, Home Management  
and House Furnishings*

A clean, comfortable bed is a great aid to restful sleep. Mattresses, pillows, blankets and comforts are used for a long period of time, and they should be kept clean by protectors that can be laundered easily. Another important factor in sleeping comfort is size of the sheets. Short sheets are uncomfortable, and they do not protect the mattress and blankets or comforts.

## MATTRESS

A mattress usually has much to do with the quality of one's sleep. A good mattress, if given proper care, will last for ten or more years. No mattress should be expected to last a lifetime. Many persons continue to use a mattress, as well as bedsprings, long after they have lost the qualities that contribute to restful sleep. Check up on the age and condition of your mattresses.

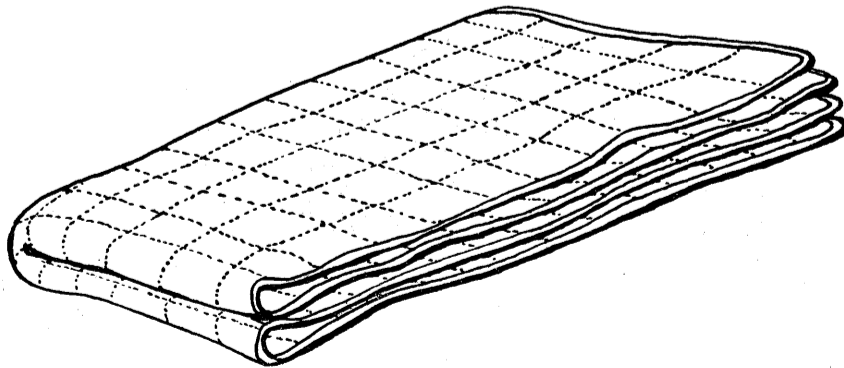
Solid pad mattresses, made of cotton felt, hair or kapock, tend to flatten with wear. They should be renovated depending upon the wear.

**The Care of a Mattress:** Mattresses should be aired regularly and sunned every few weeks. To sun a mattress, place on a horizontal surface directly in the sun's rays. Turn over several times during the day.

The mattress should be kept free from dust. Dust with a small, stiff clothes brush. Turn the mattress every week, from end to end and next week from side to side.

**Mattress Pad:** A mattress pad is essential if a mattress is to be kept clean. It also adds comfort. In beds where infants or small children sleep, water-proof sheets should be placed between the bed pad and mattress.

**To make a mattress pad:** Cut two sheets of medium weight domestic one inch longer and one inch wider than the mattress. Spread one sheet on table or other flat surface. On this sheet place 1½ pounds of cotton in layers.



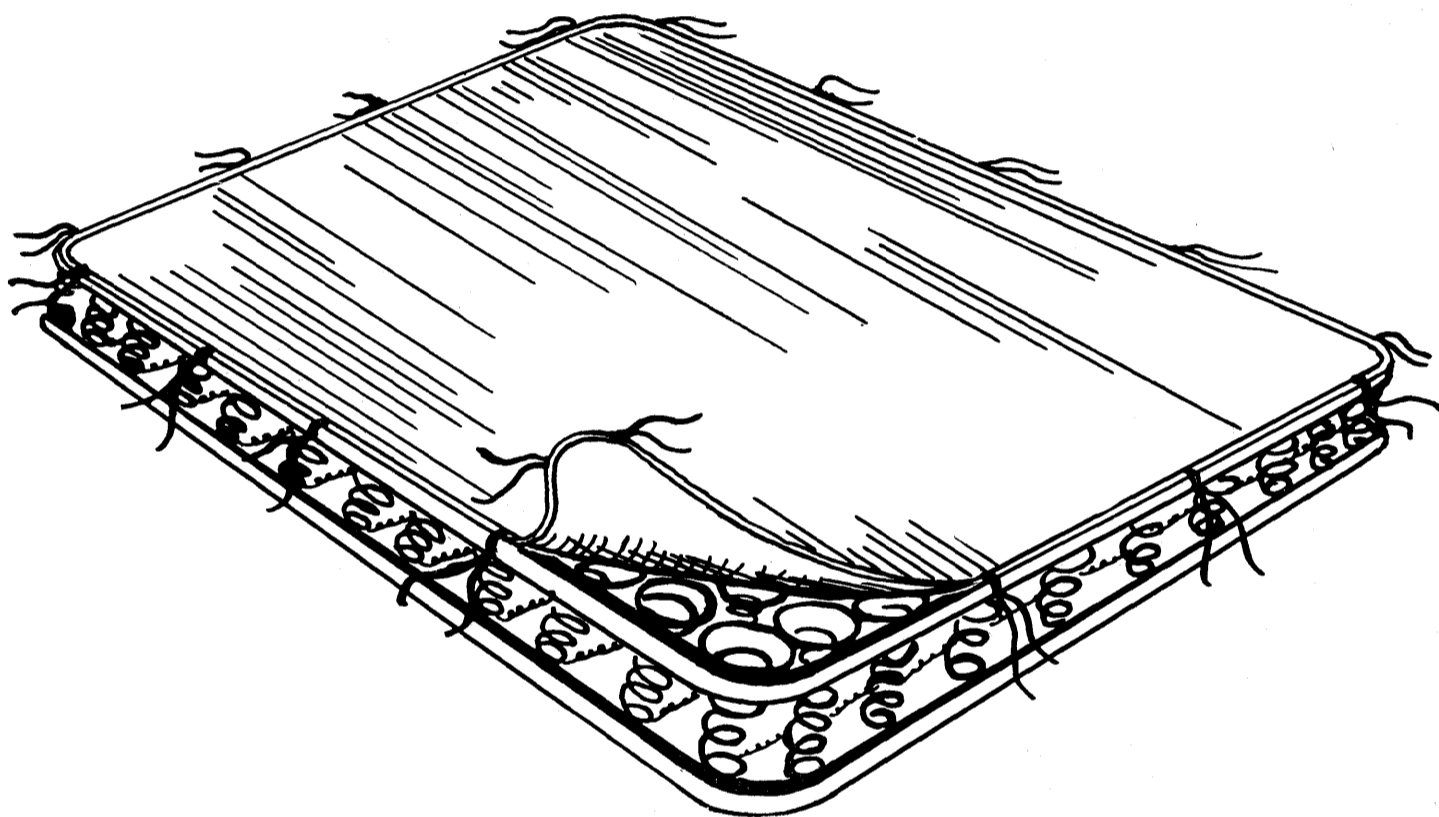
A HOME-MADE MATTRESS PAD QUILTED IN 2-INCH SQUARES. THE EDGE IS FINISHED WITH ¼-INCH BIAS BINDING

Cover cotton with second sheet and pin edges together. Pat lightly with yard stick until cotton is evenly distributed. Pin or baste so that cotton will stay in place until pad is quilted. Quilt on sewing machine in two-inch squares or diamonds. Finish edges with hem or bias tape.

**Note:** An old quilt may be used as a pad if it is cut down to the size of the mattress.

### SPRING PROTECTORS

A cover for coil bed springs is a wise investment. It protects the mattress from tears on rough edges of the springs and from rust stains caused by the springs. It also helps to prevent collection of dust and helps to keep out cold air from the floor, thus making the bed warmer in winter.



A COVER FOR COIL SPRINGS ILLUSTRATING HOW IT IS ATTACHED TO THE EDGE OF THE SPRINGS WITH TWILL TAPE TIES

Good quality cotton ticking is an excellent material for making a spring cover, and it is not expensive. Any material used should be closely woven and practically dust proof. An old quilt may be used if cut to fit the top of the springs and hemmed or bound around the edge with bias tape. A quilted pad similar to a mattress pad may be preferred. In any case, the spring cover should be fastened to the springs. This may be done with elastic bands or strong tape to tie to springs.

### PILLOW PROTECTORS

Pillow protectors aid greatly in the sanitation and care of pillows. They should be made of soft, pliable material that will not lessen the softness and smoothness of the pillow. For this reason domestic is not satisfactory. Some sacks are soft when laundered well and may be used for making pillow protectors.

**To make pillow protectors:** Cut out protector, allowing enough all around to make it about one inch larger than the pillow tick when finished. This

allows for the fullness of the pillow and makes it slip on and off easily. Seam up both sides and one end, turn, press and slip it on the pillow. Turn under edges of open end and whip together with whipping stitches that will hold it securely but will not be difficult to pull out when the protector needs to come off and be laundered.

### COMFORT AND BLANKET PROTECTORS

In order to protect blankets and comforts from becoming soiled at the end, one should use protectors.

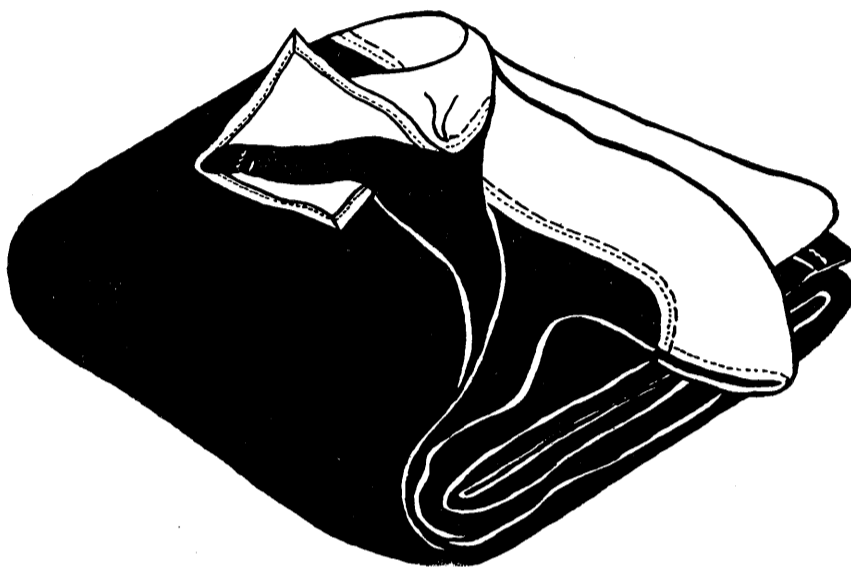


ILLUSTRATION OF A BLANKET OR COMFORT PROTECTOR  
SHOWING METHOD OF APPLYING

**To make comfort and blanket protectors:** Cut a piece of closely woven material (heavy domestic) 20 inches wide and one-half inch longer than the width of the comfort. Hem on the four sides with  $\frac{1}{4}$ -inch hem. This is then basted to the head end of blanket or comfort as a binding would be applied with 10 inches on top and 10 inches underneath. Remove when soiled and launder.

### SHEETS

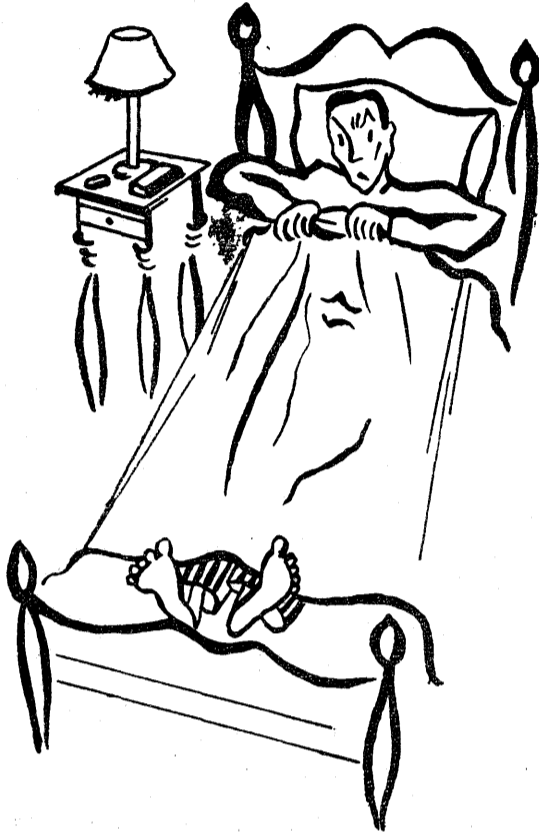
It pays to buy good sheets, or make them of good quality sheeting. When buying ready-made sheets or sheeting by the yard, the buyer should look for a smooth even weave in sheeting that does not contain a lot of starch or weighting which washes out and leaves a thin sleazy material. For all-round household use, heavy muslins or domestics are the most practical and satisfactory. They are very durable and moderate in price.

### SIZE OF SHEETS

In buying or making sheets, see that they are large enough. Nothing is more unpleasant than bedding that is too short or too narrow. Sheets should protect the mattress and blankets and add to the comfort of the sleeper.

Short sheets are uncomfortable, since they do not protect the blankets and mattress and they wear out more rapidly because the sleeper is always jerking them. Therefore, homemakers should determine the size of the sheets by the size of the bed. The bottom sheet should be long enough to allow for a good tuck-in at the head and foot, so that the sheet will be

smooth. The top sheet should allow for a good tuck-in at the foot and there should be about 18 inches to turn back over the blankets to keep them from coming in contact with the face, neck, shoulders and arms. Blankets thus protected by sheets stay cleaner and require less laundering.



“TWO FEET” TOO SHORT

#### LENGTH OF SHEET

Average length of mattress .....	76 inches
Twice the thickness of mattress (average 5 inches) .....	10 inches
A six-inch tuck-in at head and foot .....	12 inches
Hems .....	5 inches
Shrinkage .....	5 inches
Total length of average sheet .....	108 inches

When buying ready-made sheets be sure to read the label carefully and get “torn size”. 108 inches “torn size” means the length before the sheet is hemmed. Sheets that are not labeled “torn size” are usually cut across the ends before hemming and unless they are cut by a thread they are not straight across the ends after they are washed.

#### WIDTH OF SHEETS

Single or twin bed .....	63 inches
Twin or three-quarter bed .....	72 inches
Double bed .....	81 inches
Double bed .....	90 inches

The width of a sheet should be determined by the width of the mattress. Total width should be width of the mattress plus twice the thickness of the mattress plus 12 inches for tuck-in (6 inches on each side). In buying sheeting by the yard the width is usually stated on the label in terms of

quarter yards. For example, 9/quarter sheeting means that it is 81 inches wide (a good width for the average double bed).

### TO MAKE SHEETS

Sheets may be made "reversible," that is, with a hem the same size at both the top and bottom. This allows either end to be used at the head of the bed. Making hems the same width top and bottom increases the prospects for wear, since the sheet will not always be put on the bed the same way, getting hard rubbing in the same place.

### NUMBER OF SHEETS

Every homemaker knows her needs and what she can afford, but it is advisable to buy a few new sheets at a time rather than to wait until all sheets are worn out

#### Number of Sheets and Pillow Cases

Minimum .....	4 sheets per bed 2 cases per pillow
Average .....	6 sheets per bed 3 cases per pillow
Desirable .....	8 sheets per bed 4 cases per pillow

### PILLOW CASES

Pillows vary in size. To be on the safe side, measure the width and length of the pillow. The cases should be 1 to 1½ inches wider and 6 inches longer than the pillow.

### BLANKETS AND COMFORTS

Warmth, durability, and light weight are the three most desirable qualities in blankets. These qualities vary with kind of fiber, napping, weave, size, and end finishes. The greater percentage of wool a blanket contains, the greater the degree of warmth it will give in proportion to its weight.

Blankets of adequate length wear much longer than those that are too short. A blanket that is too short is pulled and stretched to make it come up over shoulders and neck of the sleeper. This pulling and stretching weaken the yarns in a blanket and eventually cause holes.

**Length of Blanket:** Measure length of mattress. Add one thickness of mattress, then add at least 6 inches for a tuck-in at the foot.

**Width of Blanket:** Measure width of mattress, add thickness of the two sides and then allow a few extra inches for take-up by the body.

It is advisable to allow several inches in length and width for shrinkage. All blankets shrink some in laundering. 80 x 90 is most satisfactory size for standard size double bed.

The sizes of quilts and comforts are determined in the same manner as those for blankets. Blankets, quilts, and comforts should be well protected at the head. This is best done by a good long top sheet with an 18-inch allowance to turn back over the blanket, quilt or comfort which will stay clean much longer, require less laundering, and thus last a great deal longer.