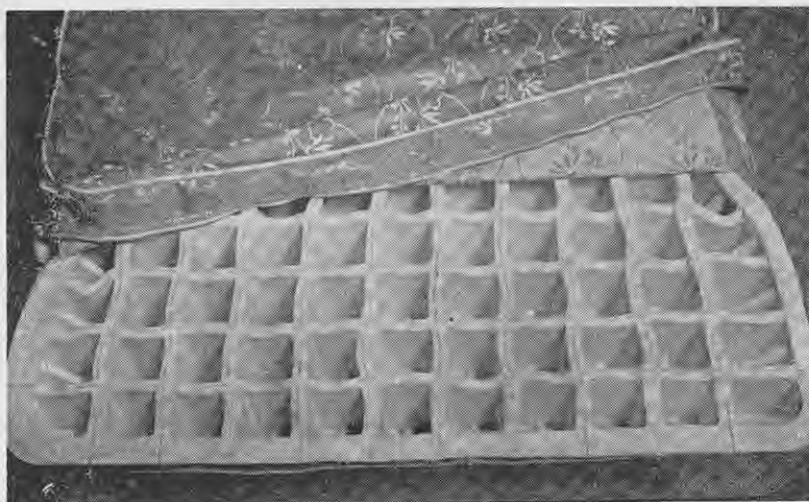


MATTRESSES



Covers for foam-rubber mattresses are tight fitting to ensure a trim, sleek look and to prevent covers from slipping. This is the under surface of a mattress.

fasteners, wash the cover in hot soapy water, rinse it thoroughly, and when it is almost dry pull it to its proper shape before pressing it.

Pads

A mattress pad should always be used between the mattress and the bottom sheet to protect the mattress from soil and wear. It may be a ready-made pad or simply a folded cotton or wool blanket or any large soft piece of cloth that can be laundered satisfactorily. The main function of the pad is to protect the mattress, but while doing this it also adds to the warmth, particularly with a mattress such as an inner-spring or foam-rubber mattress, where the sleeper lies on the mattress instead of sinking into it.

Maintenance

Mattresses should be kept dry and free from dampness. Solid-filled mattresses (not rubber) should be frequently exposed to fresh air and sunshine to freshen them and dry them out thoroughly. They should be brushed regularly, or, better still, cleaned with a vacuum cleaner attachment, special care being taken to clean under and round the tufts.

Upholstered mattresses should be turned regularly from side to side and from end to end. Turning distributes the hardest wear and helps to prevent packing or lumping of the filling and hollowing due to constant use in one position. A mattress should be kept flat when turned, since bending may snap the tufting ties. Any broken tufting ties in either a solid-filled or inner-spring mattress should be replaced immediately.

The habit of sitting on the edge of the bed should be discouraged. The boxing of the mattress is not built to stand this kind of wear, and once it is broken down the bed cannot be

made to look smart and squared. One or two comfortable low chairs in a bedroom will encourage the use of a chair rather than the edge of the bed. Tears or snags in the ticking should be repaired as soon as possible.

Inner-spring mattresses should be cared for in much the same way as are solid-filled mattresses. Perhaps the most important care is correct turning. An inner-spring mattress does not require frequent turning, because it does not tend to pack as does a solid filled one and it is so constructed that air can flow in and out to keep it fresh.

Two persons are required to turn an inner-spring mattress to ensure that it will not be bent or folded. Bending or folding is likely to upset the nesting of the coils and to break the tufting. When a mattress is being lifted or turned it is advisable to make use of the handles provided. Loosened tufts and broken ties should be replaced immediately. If any coils of a spring mattress become dislodged or protrude through the ticking, the mattress may have to be rebuilt.

Foam rubber is adversely affected by strong sunlight and by oils and greases. A rubber mattress should not be put out in the sun to air and it should not be left exposed to strong sunlight in the bedroom, but it will come to no harm in a sunny room as long as the bedclothes cover it. To prevent it from coming in contact with any oil or grease a rubber mattress is always covered with ticking. This type of mattress can be changed end for end, but it is not reversible; the flat, smooth surface should always be on top. Sleeping on the reverse side could eventually break down the walls of the large cells.

Spot Removal

Soiled spots on a mattress are difficult to remove. The best method is

to sponge the spot with warm soapy water and then wipe it with clean warm water, using as little water as possible. This should be done quickly. If the water wets the filling underneath the ticking, a bad stain or ring usually results. An electric fan directed toward a wet spot on a mattress or a warm breeze from out of doors hastens drying and helps prevent ring formation on the ticking.

Repairs

The chief reason for mattresses becoming uncomfortable is that the stuffing becomes tightly packed down and loses its resiliency. Feather beds are perhaps an exception, since they usually keep their good condition for many years if well cared for, only needing a new ticking when the feathers show signs of working through. Very little can be done at home to rejuvenate a badly worn flock mattress, as this form of stuffing must be removed from its cover and teased by machinery, more flock being added if required. It can be improved to a certain extent by beating it hard all over with a carpet beater, particularly on the sides, then vacuum cleaning thoroughly to remove loose dust. This should be done out of doors.

Renewing Buttons and Tufts

When necessary, buttons and tufts should be replaced as soon as possible; otherwise the mattress becomes lumpy and uneven because the stuffing gets out of place. To do this a mattress or upholstery needle is threaded with strong, fine string or upholstery thread and passed through the mattress at the point where the tuft is needed. Sometimes a leather circle is used instead of a tuft because it is flatter and stronger, and for this the needle is passed through the centre of the leather and back again through another hole about $\frac{1}{4}$ in. away and again through the mattress near the point where it first went in. The thread is pulled reasonably tightly, and the needle is run through another circle and back again so that the ends of the thread are between the mattress and the leather. The ends should be pulled tightly together and tied off securely.

Storage

Mattresses may be hung by the side boxing or placed on a flat surface. No more than one mattress should rest on top of another. Mattresses should never be rolled or hung over a clothes line. They should be stored in a dry, well-ventilated space and covered with old sheets or other covers to protect them from dust.

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