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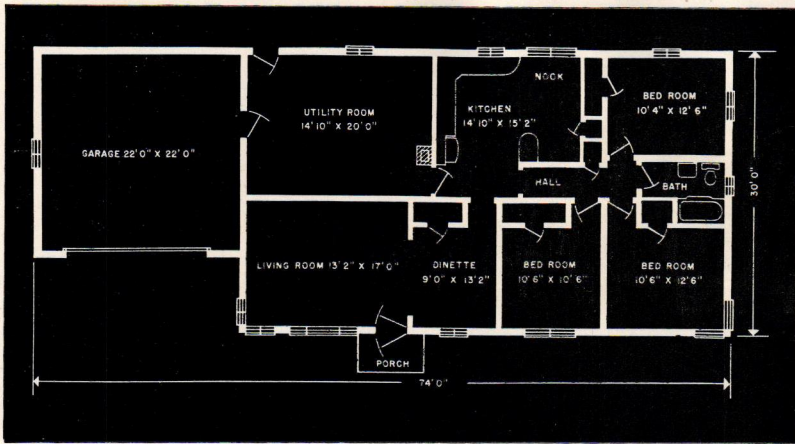
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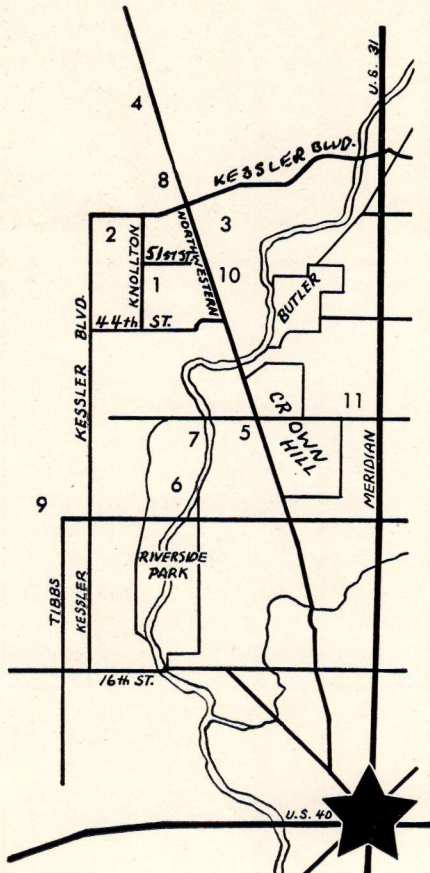
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RECIPE FOR A QUIET LIFE



THE AGE IN WHICH WE LIVE has been referred to variously as the Age of Anxiety, the Atomic Age, the Phenobarbital Age and the Electrical Age. All of these designations have some applicability, but the one thing that everyone will agree on is that ours is certainly an Age of Noise.

The world in which we live gets noisier and noisier. Our mechanized way of life is increasing the burden of noise that assails our nervous systems day and night. Traffic on city streets and through highways contributes a continuous roar of engines, exhausts, backfirings, horn-blowing and the blood-curdling screech of brakes suddenly applied. The skies, and the open spaces beneath them, resound to the roar of multi-engine planes and the sound waves from jet-plane exhausts bounce in nerve-shattering crescendo from sky to earth and back again.

Much can be done to lighten the burden of noise in our workaday outside world, although this is a slow educational process. Therefore, it is even more important that we all should have a haven of peace and quiet in our homes, where frayed nerves teetering on the abyss of neuroses may relax and restore themselves. This is especially true of the thousands who work nights to keep essential services going, for in our complex civilization, many must work while others sleep.

The sad truth, however, is that the modern home, instead of providing the needed haven of quiet relaxation that would restore tired nerves, is becoming noisier and noisier. Indeed, it is a far cry from the ideal of quiet, tranquility and peace that those who live in it have a right to expect.

The din from radio and TV, the clatter of mechanized household appliances, the chatter of members of the family and friends, and the shouts and racing about of the children can become a heavy burden to one who has already endured about all the clamor that the human nervous system can take.

The injurious effects of noise on the human psyche and nervous system are well-known to psychiatrists and neurologists. Too long an exposure to the noises of our civilization can cause personality changes, neuroses, extreme



The kitchen is usually the noisiest spot in the house. To remedy, make sure that labor-saving equipment in the home is in good repair.

irritability, depressions and other physical and mental difficulties. These ailments are sometimes of long duration; incapacitate a wage earner; are very expensive, and are an oppressive burden to the sufferer. Broken homes often follow in the wake of these disasters.

Industry has discovered time and again that reducing the noise level in the office, factory, shop or other commercial establishment cuts down employe fatigue, bolsters morale, increases efficiency and production, with a lessening of accidents, illness, absenteeism and labor turnover.

It seems incomprehensible, since the effects of noise reduction in industry are so well-known, that only in recent years has the problem of noise in the home begun to receive serious attention. This is doubly puzzling in

Recipe

For a Quiet Life

continued

view of the fact that the home is, among other things, the workshop of the housewife, and that a noisy working environment is as injurious to her health and happiness as it is for the office or industrial worker.

A housewife whose ears and nervous system have been assailed all day with the clatter of pots and pans, the whir and clash of electric mixer, automatic dishwasher, vacuum cleaner, garbage disposal unit, washing machine and other labor-saving gadgets, plus radio and TV, may be understandably irritable when the children and the breadwinner troop into the home at evening. This all-day assault upon her nervous system also is likely to make her accident-prone, and more accidents occur in the home than in any other place.

Reverberation is the culprit that makes noise noisy in the home, as elsewhere. Sound travels in concentric circles, at a speed of 1,120 feet a second, like the ripples from a stone dropped into a placid body of water, and is rapidly dispersed if it encounters no obstacle. However, should it strike a hard, smooth surface, it rebounds with

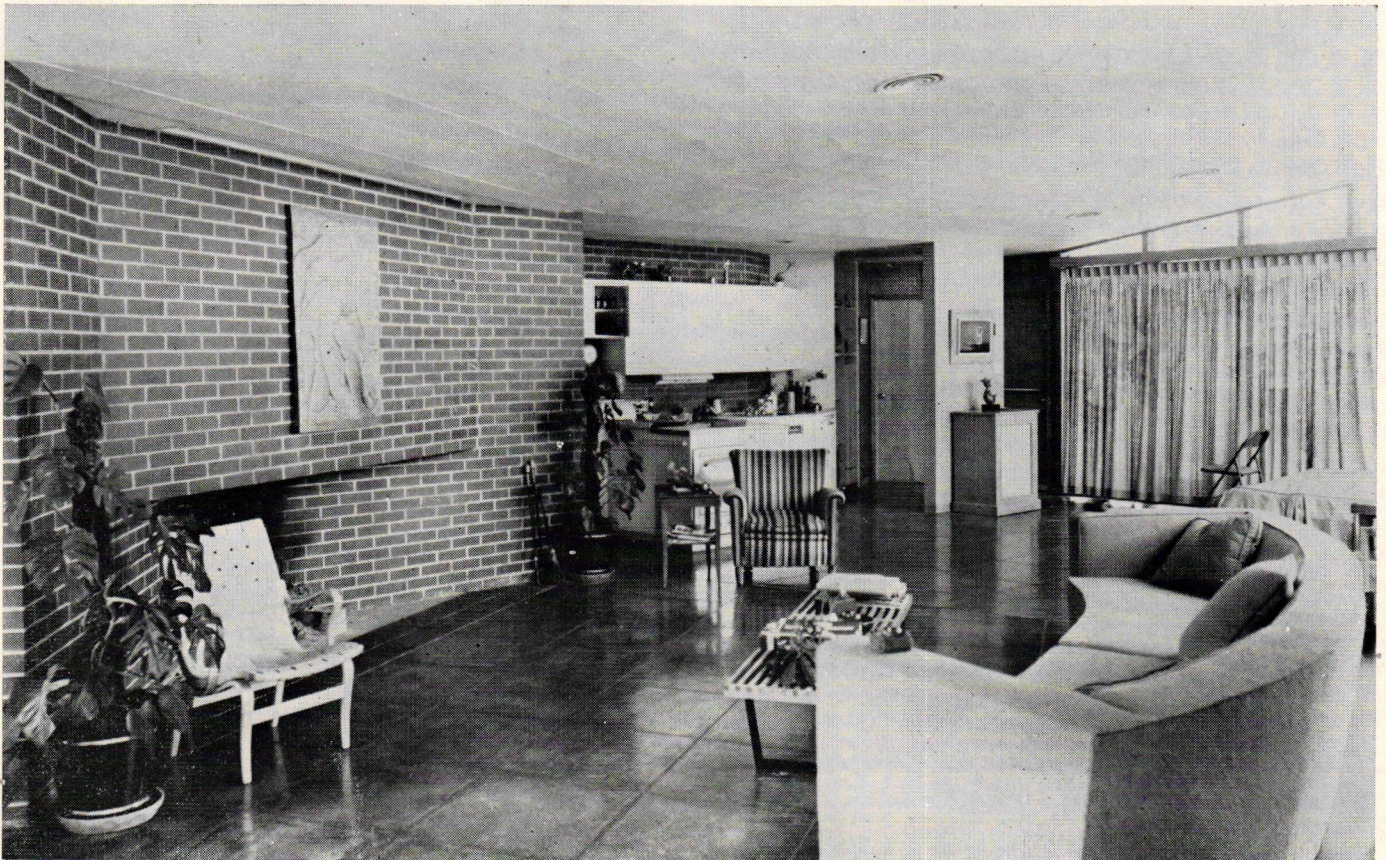
The modern home, though brighter and in better taste than some of the older abodes, is inclined to have generous surfaces of polished tile, glass picture windows, enamel, and hard surfaced walls and ceilings. This results in more noise.

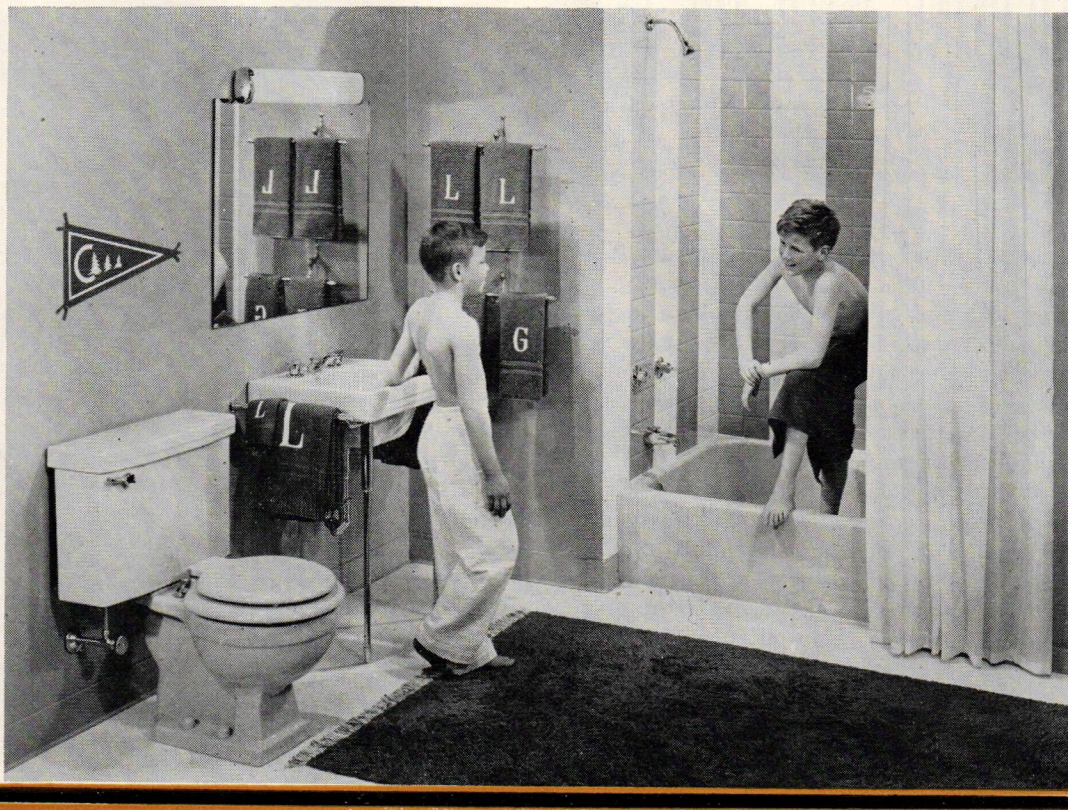
almost undiminished force. Plaster, wood, metal and glass reflect up to 98 per cent of the sound that strikes them. The modern kitchen is full of such sound-reflecting surfaces and other parts of the house present comparable situations in varying degree.

The remedy for too much reverberation in the home is more sound-absorptive surfaces. Thick carpeting, heavy draperies and overstuffed furniture in the "traditional" style of interior decoration may provide enough sound absorption in the living room so that acoustical treatment of that room may not be needed. But in a "modern" living room, or in the home where some member of the family suffers from allergies, the floor may be mostly bare and much of the furniture not upholstered. Oversize windows may take up as much as an entire wall. In such rooms, most of the padding is gone, and so is the sound absorption. Acoustical materials are necessary if such a room is to be made comfortably and healthfully quiet.

Here are some of the most annoying noise factors and what you can do about them: The kitchen usually is the noisiest spot in the house. To remedy, make sure that labor-saving equipment in the home is in good repair. Resilient mats of rubber, plastic or other material used to cover drain racks or to line drawers will cut down noise and reduce dish breakage. Floors should be of linoleum, cork, rubber or asphalt which are relatively resilient.

The modern bathroom should have snugly fitting doors to shut out noise. Drain pipes, if possible, should be wrapped in sound-absorptive material.





Good Plumbing Makes a Good Home

WHETHER YOU realize it or not, your plumbing is the most important part of your home. Without any plumbing, your home could not function at all. With poor plumbing, it will function poorly. The chances are, your home is equipped right now with the best kind of plumbing equipment—but it requires constant care to keep it in good condition, and when replacements are necessary don't hesitate to spend a little more money for the better kind of fixtures. It will pay in the long run.

In the meantime, you can save yourself a lot of unnecessary expense and trouble by keeping your present system in good shape. Take the matter of drains, for example. Plumbers get more calls to open clogged drains than for any other service. But sink clogging can be prevented by carefully watching what is emptied into the sink drain and by the regular use of a good drain cleaner.

Sink stoppages are usually caused by liquid fats, carried in dishwater and other kitchen wastes, hitting the cooler pipes and solidifying. A film of grease forms on the pipe wall, then another, and another. Coffee grounds and bits of food add to this accumulating layer, until the pipe becomes impassable. Pour excess grease into a tin can and throw it out with the garbage, not down the sink drain. Pouring hot water down the sink drain will also help keep it clear.

Faucets are used more often than any other part of the plumbing system. The washer and the seat are the two

parts of the faucet which get the greatest amount of wear. All faucets are built so that the washer may be easily replaced. This is one job you can do yourself. As far as the seat is concerned, it is usually just as expensive to renew a seat as it is to buy a new faucet. See your plumber about a worn faucet seat.

Much of our plumbing today has chromium-plated brass fittings. Chromium-plating is hard and requires little attention except for occasional washing with soap and water. Salt air or other corrosive atmosphere, calcium chloride and salt, have a destructive action on chromium. Where chromium-plated fittings are exposed to these agents, it is important to wash them frequently. After they are washed and dried, it is advisable to apply a protective coating such as ordinary furniture wax.

Knowing where and how to shut off the water for the entire house or for any part of it can be mighty important in an emergency. That's why it is well for all members of the family to acquaint themselves with the shut-off valves, and to know where they are located. The most important valve in the house is the main shut-off valve for the entire plumbing system. This is generally located on the house side of the water meter.

And when you do call the plumber, remember that you can help him by telling him exactly what the trouble is while you are on the telephone. There are a thousand and one tools and parts in his plumbing store, and he can't be expected to bring them all.

LIGHTING WITH THE SKY

SKYLIGHTING OF HOUSES is opening new opportunities in residential design, and is expanding the trend for open planning which contemporary architects are building into today's homes. Used for many years in commercial and industrial buildings, skylights have posed perennial problems: High cost and maintenance, glare, uncontrollable leakage and lack of insulation against cold in winter, and solar heat in summer.

To meet the demands for a rooflighting unit free from such problems, experts at the Daylighting Laboratory, University of Michigan, developed after many years' research of a prefabricated panel known as Toplite. It consists of scientifically designed glass units set in an aluminum grid, ready for installation on the site in prepared



Photos by Owens-Illinois

Above, new toplighting system solves problem of bringing controlled daylight to dark areas of an enclosed patio, or covered porch without attendant problems of heat and glare. Left, kitchen is also daylighted with panels of glass block.

Left, twin panels of glass block help to illuminate this roofed lanai connecting the living room and private garden area of the home, and also provide additional daylight for the living room, preventing it from being dark due to the porch roof projection.



roof openings. Initially offered for use in schools, industrial, institutional and commercial buildings, where it has been accepted as the skylighting answer, Toplite is now finding increased usage in homes.

When the FHA approved loans for homes containing interior rooms, such as bathrooms provided that ventilation is available, Toplite solved the daylighting problem, eliminating need for constant artificial illumination during the daytime. Skylighting is also desirable in the deep areas of living rooms, to daylight enclosed porches, in kitchens to lighten the chores of the housewife, in stairwells that would otherwise be dark and unsafe, and in any other room of the house where more free, healthful daylight is appreciated.

Scientifically, Toplite panels operate like this: They accept light from the north sky in ALL seasons. For the same reasons that artists value light from the north sky in a studio (it's uniform, free from glare and solar heat), so is it desirable in the home. Because of their selective, prismatic design, the glass units usher in this light and distribute it evenly throughout the room.

In winter, sun is lower on the horizon, weak in comparison to high summer sun. Maximum transmission of light and what solar heat exists is highly desirable during this time. The same prisms that accept north light are slanted to coax in the low winter sun, direct it downward in a uniform year-'round direction.

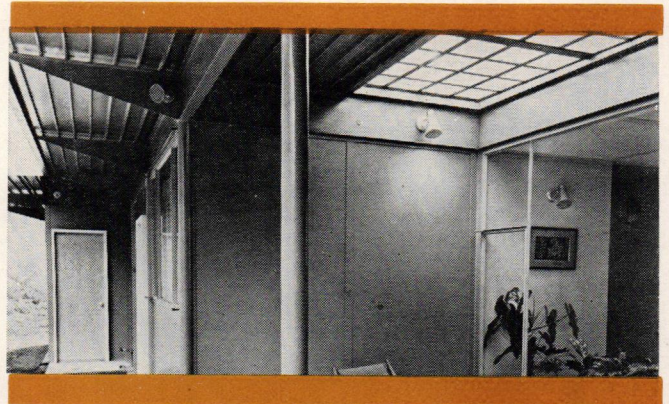
Many skylighting materials which transmit substantial amounts of light from north sky and low winter sun also admit a higher percentage of light and heat during hot summer months. Toplite, through its prismatic design, "bounces back" most of this direct light and heat of the uncomfortable summer sun, producing a glare-free cooling-more-comfortable interior.

Toplite panels are delivered to the home for immediate installation by the roofing contractor. They are designed for easy flashing to seal against leaks. The glass units are sealed into the aluminum grid with a specially developed compound to insure against leakage and eliminate maintenance. Panels are installed at a slight pitch to provide drainage during rainy weather and to allow snow or ice to melt immediately and drain off.

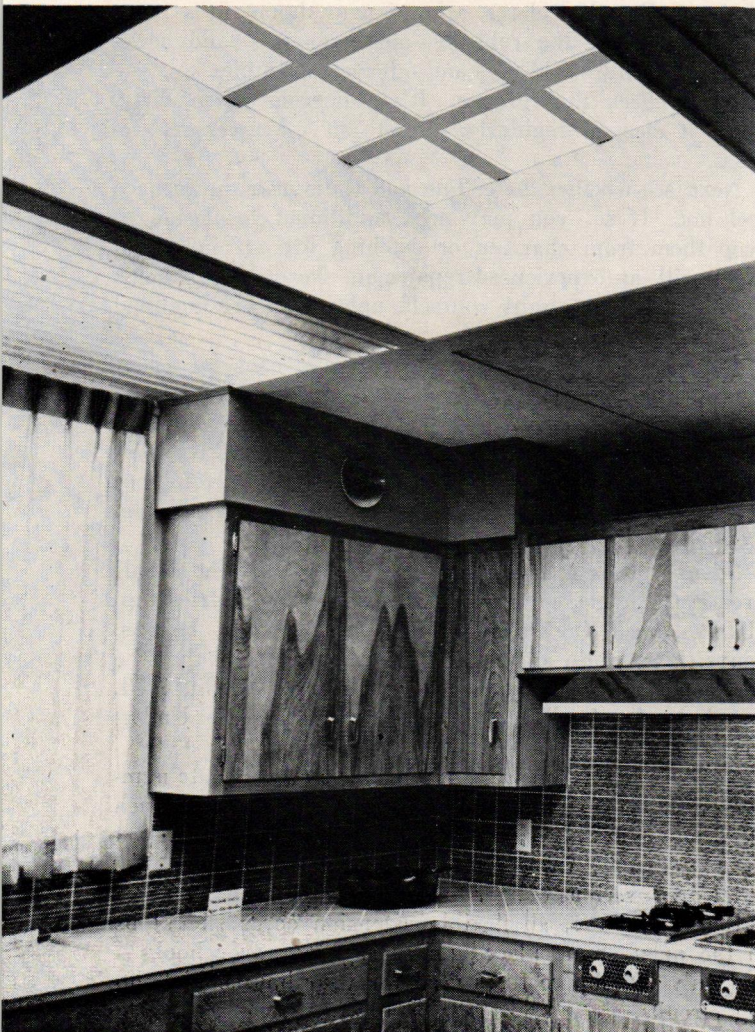
Other advantages of controlled, selective daylight in



Panels are installed in prepared roof openings, on a curb of wood, steel or concrete. Low in height, they do not affect roof design.



This home uses four Toplite panels in the entranceway to provide diffused daylight into what would ordinarily be a drab, poorly-lit area, as shown in the photo above. The entire decor of this part of the home is enhanced by the soft daylight streaming through the roof.



the home go beyond strictly scientific reasoning. Typical of "unexpected" advantages is the sense of relaxation experienced by a home owner when his house is intelligently daylighted. There will be a complete release of tension attributed to low brightness ratios within the home. The abrupt physical adjustment which a person makes, unconsciously but constantly, between bright and shaded areas in the conventional home are said to have a mental side-effect which is no help to tension, and may, in fact, produce it. The even, glareless effect of daylighting with scientific rooflighting, accompanied by proper daylighting through sidewalls, is, according to Daylighting Laboratory specialists, conducive to easing tensions.

Esthetically, a well-known home decorator, Marian Quinlan, Chicago, states that proper daylighting, through roof and sidewalls, provides a realistic touch to the decorating scheme. Daylight seems to pick up and accent color and design which a decorator strives to achieve in the modern home.

"Your Home of Tomorrow" comes to you through the courtesy of the sponsor and co-sponsors, whose names are listed on the front and back covers of the magazine. They have spared no expense in making this magazine of interest and practical value to you. In return, won't you please drop a note to the sponsor, letting him know what you think of the magazine? Thank you!

Spring

CLEAN UP



EVERY YEAR about this time American communities begin to sparkle and shine. Houses are painted and thoroughly cleaned inside and out — from cellar to attic.

Lawns are raked, backyards cleaned up, shrubbery trimmed, trees planted, vacant grounds improved, public buildings renovated.

The National Board of Fire Underwriters, which has encouraged the Spring Clean-Up movement for many years, emphasizes the need for repairing and thoroughly cleaning homes and places of business. The reason is that accumulated litter and waste furnish readily burnable fuel for fires.

According to the National Board, fire strikes an average of 800 homes every day — about 300,000 every year.

Spring Clean-Up time, then, is an ideal opportunity to inspect homes from cellar to attic, getting rid of all those things that lead to fire.

Take the basement, for instance. It's the spot, the National Board declares, where many home fires start. Let's get rid of the rubbish—old magazines, and newspapers, furniture, old rags and other combustibles.

Next, check the furnace. It's dangerous when dirty. Have it cleaned regularly. Don't put off necessary repairs.

Next, see whether the ceiling and walls near the furnace feel hot. If so, you may need additional insulation to keep them from charring or catching fire. If in doubt, check with an experienced repairman. Never try to repair automatic heating units yourself, unless you are qualified to do so.

Be sure, also, to provide covered metal cans for ashes. Never place them in wooden or paper boxes.

In the living room, your television set may become a fire hazard, if set too close to the wall. Also, don't open up the back and tinker with it and be careful not to cover up the ventilating holes that dispose of accumulated heat.

Misuse of electricity accounts for 14 per cent of all fires in the home, so why not check all your electrical appliances, including irons, waffle irons, mixers, heaters, lamps, fans, radio and other devices. Make sure that the cords are in good condition, that they bear the little UL "symbol of safety" tag that denotes listing by Underwriters' Laboratories, Inc.

In addition, make sure all rooms have an adequate number of outlets to take care of electrical appliances, such as washing machines, refrigerators, irons, and that you have done away with all multiple attachment plugs. The latter are a serious danger to overloading circuits.

Remember, too, all flexible extension cords should be in the open—none placed under rugs nor over books—and only 15 ampere fuses used for your household lighting circuits.



Fires often start in piles of flammable rubbish in cellars or attics. Such material should be burned safely outside, away from buildings.



Time to

Paint and Decorate

SPRING IS HERE—and that means time to paint and decorate your house. Check the outside first. A home without a protective coating of paint is at the mercy of the elements. Wood weathers and warps, sash deteriorates quickly unless painted.

If previous painting has been done properly the surface will be marked with a uniform, dull, chalk-like film. In chalking, the film of the paint is wearing away evenly and has no openings where moisture can seep through. If this has happened, the surfaces in most cases can be prepared for repainting by proper sanding and wiping.

But the wisest thing to do is to let an expert painter handle the job for you. The same thing applies to your inside painting, wallpapering and decorating.

The selection of color, of course, is up to you, but you will find considerable help in the paint color guide books, which you can usually obtain free at your local paint or hardware store. From these books you will be able to decide what goes with what, and you will instruct your painter accordingly.

The problem many homeowners face is whether to paint or paper? Why not solve this problem with a combination of both? The combinations are infinite: you can paper your ceiling in a bold floral pattern and paint your walls white for an exciting effect. For variety, and to balance your room, paper one wall and paint the other three.



Photos above show exterior painting and interior wallpapering. Below, studying a color guide book preparatory to painting.



Wallpaper today comes in every price range and in a tremendous wealth of patterns and styles. It is this profusion which sometimes causes people to avoid its use. How is one to decide in the midst of such a feast? It is really very simple. Just as you would not hang a picture from a commercial calendar on your wall and expect it to give lasting pleasure, so you will not choose badly designed and inexpertly colored wallpapers to confront you at every turn. A good test is to thumb-tack large samples of the papers you like best on the walls of the room where you plan to use them. Live with them for a while: see how they look by sunlight and artificial light. You will soon find one that has a constant appeal for you which the others lack.

Certain rooms, of course, lend themselves more readily to the use of wallpaper than others. Halls, where there is not much opportunity to introduce pattern in any other way, are a particularly happy choice.



PANELED

Hall Gives Storage

Photo Western Pine Association

FULL UTILIZATION of all available space is a significant trend in homemaking today, as is the tendency toward simplicity in decorating. As a result plans for remodeling or redecorating should include attention to corridors and halls, thus correcting the error of regarding these areas as necessary evils and allowing them to remain unattractive. As an extra dividend, beautifying halls often results in the reclamation of wasted space in the form of storage areas.

One of the most popular methods of accomplishing these objectives is to panel a hall in wood and at the same time, where space allows, to build in cabinets or closets. If you have an area that fits this description, the first step is to determine how much of it is functional—that is, how much you need to use for passageway—and then to plan the most effective arrangement of that which is left.

An important step in this project is the selection of wood. It is a good idea to consult your lumber dealer to determine what he has in stock. Because they are easy to work with and widely available, the ten woods from the western pine forests recommend themselves. Idaho

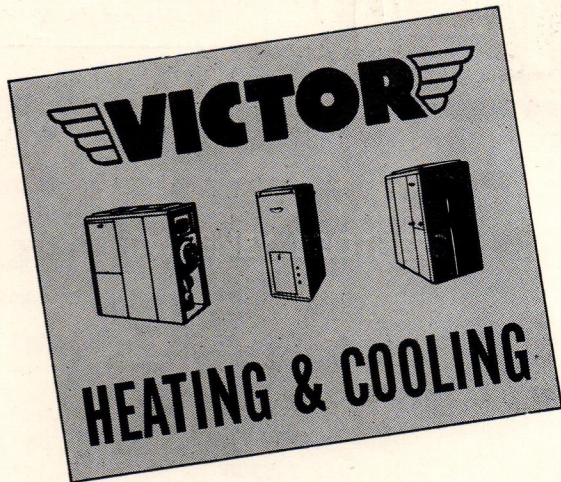
white pine, sugar pine, or ponderosa pine are excellent if you want a very light tone. Also among the light woods are white fir, Engelmann spruce, and lodgepole pine. Larch, incense cedar, or inland red cedar provide a rich, darker feeling. Intermediate in color is Douglas fir.

Division of storage space among the various categories will depend upon particular family needs, but in most instances that portion that is at the top, being less accessible, should be earmarked for keeping out of season clothing and blankets, or once-a-year items like Christmas tree ornaments. Since incense cedar imparts a pleasant fragrance to clothing, the canny homemaker will line a closet with that wood.

Hinged doors are not always practical for closets built into a hall as they may well impede free passage when they are open. If this is the case, sliding panels serve very well. Hinges can be used on upper cabinets, and it's a good idea to find decorative hardware for use wherever possible to add a dressy note. For the same reason select a decorative light fixture for the ceiling or wall bracket.

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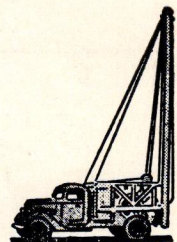
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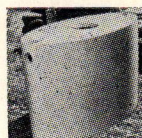
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