



6700 Series  
Home, Hearth &  
Health - II



Creative Living with Sheryl Borden  
6700 Series



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**Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “What is Acupuncture?” is in Section I on page 3, whereas “Transformation of Kitchens in the 20th Century” is in Section II on page 9.**

# Transformation of kitchens in the 20th century

## The Downton Abby Years

Women power is the dominant force of today. It is making more stir and question than anything else. It is moving like a thunderstorm. (Ladies' Home Journal 1900)

### Motivation for change 1900 - 1920

- Use of clean fuels such as gas and electricity (cleaner and easier to control than coal or oil burning stoves)
- Advancement in the understanding of the need for sanitation
- Lack of cheap domestic help, the woman of the house was doing the "drudgery"
- It was acceptable now for women to be educated before getting married but were pretty much limited to that of home economics

1. Applying science to the task of being a housewife for the first time (cooking, cleaning, laundry and chamber work)
2. Study of domestic science was changing the thought process of the kitchen, efficiency and time was becoming important. The women of the house were doing these duties now as household servants were no longer as prevalent.

### Notable advancements and interesting tidbits:

- You see this in Downton Abbey when they get the electric toaster and it's a big deal. The electric tea kettle first surfaced around the turn of the century.
- You also started to see standardization and mass production in the form of industrialized food processing (cocoa, coffee some meat and milk products)
- This of course made people shop and store differently, which changed the way the kitchen needed to be designed.
- Dinner was served in the dining room but breakfast and lunch were served in on the kitchen table.
- Frank Lloyd Wright started experimenting with the idea of a pre-fab house using factory line production methods (1915). Sears was much more successful at it with the catalog home.
- WWI spurred the need for speed and efficiency in the kitchen as women had to not only ration food but also enter the work force. We see this also see

the kitchen staff of Downton as they struggled with food shortages during this time



Fascinating women of the time -

Christine Frederick:

- Did over 1800 time motion studies in her own kitchen studying efficiency
- Founded Advertising Women of New York in 1912 (men wouldn't let her in their club)
- Figured out how to advertise to the female and primary user of household products
- Brought standardization to the kitchen industry

This is more Middle class America...Of course people with households full of help did things differently.

### Materials used in terms of design:

- Tile floor and walls were in white so as to show mold or bugs (sanitary)
- Linoleum
- Plaster
- Wood floors were common from a cost perspective. They were the least expensive and the thought at the time was to keep them unfinished.
- Sinks were cast iron or porcelain. Anything else was considered unsanitary (such as zinc or soapstone)
- The sink was typically on legs and the plumbing exposed
- Colors were white, pale green, or shades of grey (lab-like inspired by the clean sanitary feel of a laboratory)

### The Evolution of the Kitchen Design 1920 to Now

It is the personality of the mistress that the home expresses. Men are forever guests in our homes, no matter how much happiness they may find there. The House in Good Taste - (Elsie De Wolfe, 1920)

## Motivations for change 1920-1940

- We have realized the importance of efficiency and now we realize the need for beauty!!
- You can't really look at this era and not talk about the depression
- The changing roles of women as wife partners

## Notable advancements and interesting tidbits:

- By this time the efficiency of the kitchen had pretty much been established and it was widely known that you were to divide the space into 2 zones:
  1. Prep center- used for prepping, cooking and serving food. (Also housed the ice box or in more modern homes, the electric refrigerator)
  2. Clean up center - where you wash and store the dishes
- Keep in mind there were still many rural homes without electricity well into the 20's and 30's
- The Hoosier cabinet was very popular as a work center of ultimate convenience
- Manufacturer's using efficiency studies to standardize appliance's and work surface heights and widths.
- More common and standardized layouts in homes due to common mass produced kitchen items

## Materials used in Design:

- Linoleum floors very popular in an explosion of color and pattern
- Tile floors were starting to become less prevalent as women realize its hard to stand on for long periods of time
- Built in cabinetry being used because you don't have to move it to clean under it
- Painted moldings in light colors were used so you could easily see dirt and bugs (have to keep everything very clean)
- Manufactures standardization of 6 kitchen colors white, kitchen green, ivory, delphinium blue, royal blue and red
- By the end of this era the "U" and "L" shaped kitchen we commonly see today was prevalent

## Motivation for Change 1940-1950

- Advancement in technology
- Lifestyle changes
- Housing boom following WWII

## Notable advancements and interesting tidbits:

- The advancements in this area had a slow start due to the war time efforts
- Refrigerator's began to include freezer compartments
- The breakfast nook started to disappear and instead the kitchen floor plan was enlarged to accommodate a table directly in the kitchen
- Post war ranch housing even had the kitchen located at times in the front of the home so the family room could be close to the back yard
- The dishwasher becomes more widely available but not yet commonly used in the 1950's

## Materials used in design:

- The standard 6 colors start to give way to white appliances and pastel accessorizes
- The idea of conducting consumer research each year to develop new color trends emerges so you see a wider variety of color, a mixture of primary and pastels
- Linoleum is still a primary material in floors but now it's more monochromatic and subdued.
- Linoleum and laminate is also being used on countertops and tabletops
- The emerging trend of chrome table and chair legs instead of the precious oak variety becomes popular
- You see the addition of drapes and curtains to soften the kitchen.
- Wall cabinets are now being used and the kitchen looks a lot more like we see it today

## 1960-thru today

Color and trends through time: 60's and 70's showed lots of Spanish accents in iron and burnt orange, avocado green, brown.....

80's and 90's tech clean "yuppie" moved into the blue and white kitchens, lots of products available. Corian countertops become popular. White cabinets instead of wood were being used.

Now, style is all over the place partially due to unlimited access to information. Pictures pictures everywhere. Technology integration will be the next big thing.

**COURTESY: Jenny Rausch  
Karr Bick Kitchen & Bath  
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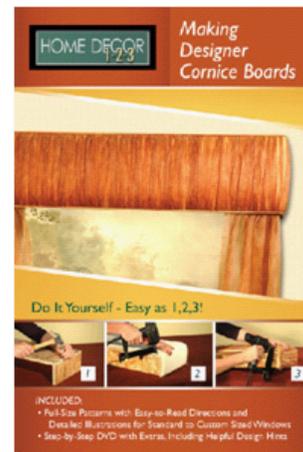


## CUSTOM CORNICES

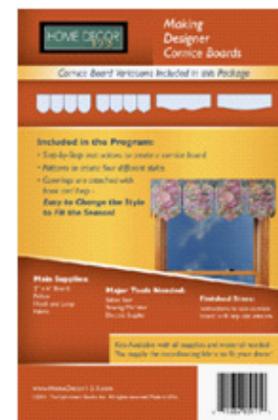
We currently offer 2 Cornice Board Collections. The first collection includes the step-by-step instructions, full size patterns and the DVD to create 7 different cornice board styles. Kits are available and are custom made to order. Collection 2 includes 4 styles that attach with hook and loop, a very fun sewing project. Collection 2 does not include a DVD.



**Cornice Board Collection 1** gives you 7 different styles of hard cornice boards to fit any size window.



**Cornice Board Collection 2** allows you the flexibility of changing your look. Mostly a sewing project you get 4 different styles to sew up and each style attaches to the 2" X 6" board with hook and loop.



COURTESY: Rebecca Peck  
The Upholstery Studio  
[www.upholsterystudio.com](http://www.upholsterystudio.com)

# OPTICAL ILLUSIONS IN INTERIOR DESIGN

It seems that interior designers and decorators have many tricks that they employ to make a room seem different: some rooms seem larger, windows appear more grand. What is their secret?

It's all about optical illusions. One example has to do with draperies. You want to take into account that when a drapery fabric is attention-getting – either through the pattern or through high contrast colors - the eye will be kept inside more. So perhaps for a great view, keep the drapery fabric closer to the wall color and for a not-so-great view, choose a beautifully patterned drapery fabric. Make windows appear larger by placing long draperies higher and wider than the windows.

Another way to utilize this type of distortion illusion is with our flooring. Whichever way the lines move across the floor, we perceive that direction to be the longest. This subtle difference can make a room seem wider or deeper. One caveat is that flooring should be planned for the entire space. All the rooms that will connect should employ the same flooring, so find the best direction for everywhere.

What about tile that is laid at an angle? Placing square tiles on an angle will expand a room in both directions. This is seen most often in small spaces, like entryways, kitchens and baths.

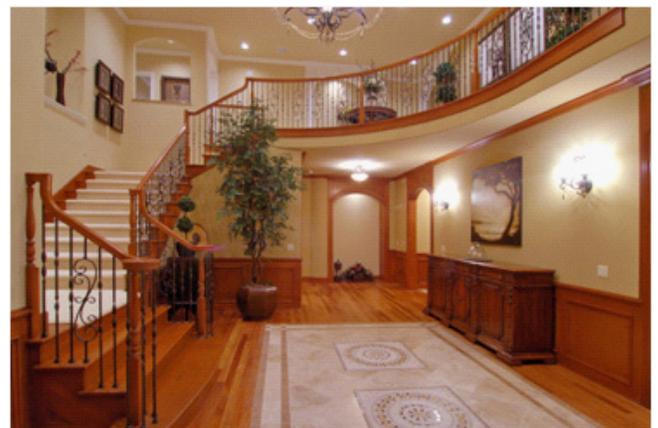
Another tip is to accent a fireplace with art and objects that are a little smaller. This lets the fireplace be the largest element in the room and serves as the focal point.

Another illusion that designers work with is called color distortions. One color issue that is debated all the time: to make a room feel larger, do you paint a light color or a dark color? Light colors advance and dark colors recede but very few people would be up for painting a small living room dark – what about you?

According to Romick, “My opinion is that our brains and preconceived notions can over-ride anything, so if you think that a dark room will feel smaller, it will.” My question for clients is: when would you typically use the space? Day or night? Plus, most important – which is their favorite time? Are they night owls or early birds? Do they turn bright lights on at night or dim lights just for ambiance? But also for a room's size, layering impacts how a room appears – it gets complicated. This is one reason why choosing an interior designer or decorator can be so helpful. With their expertise, they can show you how to make the same colors look different and different colors look the same.

It's all about pulling together fabrics or favorite objects that look “off” – or not a cohesive collection. Be sure to judge and test colors in the actual room and with all components, layering the colors as they would be in the room.

**COURTESY: Diane Romick  
Castle Design Studio LLC  
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# MasterBrand Cabinets, Inc.

## Why MasterBrand?

Because We're Expert Cabinet Makers

As a cabinet manufacturer, we know every project is different. That's why we offer expertise for every level of consumer - from start to finish.

Whether you're a seasoned do-it-yourselfer or hiring a professional installation crew, selecting cabinetry products for your home is easy when you work with the expert cabinet makers at MasterBrand. With our help, you won't just pick cabinetry options; you'll make thoughtful choices and understand why your cabinet selections will work for your life.



## About MasterBrand

As one of the largest cabinet manufacturers in North America, we're experts at listening to the desires of families to ensure that our cabinetry products meet their needs. Whether moving into a new home or improving their current one, our customers want to create their ideal living spaces – and it's our goal to help them.

That's why our brands offer both quality and versatility, fair prices, and are backed by extensive networks of cabinet dealers and manufacturers, and why we honor every promise we make.

## What We Stand For

We've built our reputation as one of the best cabinet makers around by committing ourselves to four service basics: quality construction, fashionable products, on-time delivery, and complete delivery. To make these basics tangible for both cabinet dealers and consumers, MasterBrand participates in the Kitchen Cabinet Manufacturers Association's (KCMA) stringent Performance & Construction Standard for kitchen and vanity cabinets. Tests conducted by an independent laboratory measure structural integrity, as well as drawer, door and finish durability. Cabinets that bear the KCMA Certification seal are recognized in the marketplace as superior products, capable of withstanding typical household use better and longer.

## Our Cabinet Brand Portfolio

As cabinet makers, we offer a spectrum of products ranging from standard to custom, satisfying every budget and lifestyle. Each cabinetry line in our family of brands provides the same great service, product innovation and quality that MasterBrand is known for – assuring your dream kitchen becomes a reality.

## Committed to Sustainability

At MasterBrand, we're at the forefront of cabinet manufacturers that are doing their part to ensure a better tomorrow. Through community outreach programs and green practices, we work to ensure that the crafting of our home cabinets has as little environmental impact as possible.

**COURTESY: Andy Wells**  
**MasterBrand Cabinets, Inc.**  
[www.masterbrand.com](http://www.masterbrand.com)

# Faux Red Bricks

Create diy wall texturing by learning how to paint faux rocks, faux painted blocks, and textured brick paint faux finish techniques.

Picture this faux brick wall instead of your plain plaster wall. You can even create this where ever you want.

You don't have to find and pay for expensive old bricks or hire pricey contractors to mess up your home when you can just create it yourself.

You can have as much or as little of the brick exposed on your wall.



With your Faux Fun Rocks, Blocks and Bricks DVD you'll learn how to paint a realistic stone block wall finish with paint, and you'll learn how to create a very realistic textured brick faux wall finish that not only looks like brick, it feels like brick. You'll also learn how to create a decorative faux rock wall finish with torn paper pieces. There is no need to wait for nature to take its course with real old bricks.

This technique creates an authentic look of old red brick. You will absolutely amaze yourself and your neighbors with the realistic look of this wall finish. For more information, visit Barbara's website.

**COURTESY: Barbara Wurden**  
**Barbara Wurden Fine Art**  
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# ART GLITTER HOME DECOR



Each of the above projects was embellished using art glitter products.

## The Art Glittering System

You can adhere our Art Glitter and Vintage Glass Glitter to most surfaces with our adhesives.

The **Designer Dries Clear Adhesive** adheres to most surfaces, including but not limited to paper, cardboard, card stock, transparencies, glass, plastic, wood, metal, and ceramics. It can be applied with the spout, metal tip or brushed on larger areas (mix with a couple drops of water if too thick).

Our **Fabric Dries Clear Adhesive** is specifically made for use with our glitter on fabric. After the glue has dried completely, your fabric item then must be cured to make it washable. This is done by heating the fabric in an oven. Refer to the directions on our bottle for complete instructions.

**Note: Do not use Vintage Glass Glitter on fabrics as it is made with glass.**

At Art Glitter we use plastic containers to hold and catch our excess glitter. You can also use a creased piece of paper under your jar of glitter, or place your jar inside a basket filter. When done with that color, pour glitter back into jar.

Hold adhesive bottle in your hand like a pencil, touch spout tip or Ultrafine Metal Tip to surface before squeezing bottle. Once tip is in place, carefully squeeze bottle and move spout or tip over area to achieve a controlled, accurate line. Our adhesives are three-dimensional, apply liberally for best results.

Spoon glitter on adhesive while glue is wet, white and shiny. Turn project over tray/creased paper and tap backside with spoon to expel excess glitter before moving on to next color. Adhesive will hold glitter, you do not have to wait for it to dry before tapping excess off.

Always put adhesive down in small, controlled areas, so glitter can be applied before adhesive begins to dry. Depending on thickness of adhesive and climate, your area should dry in 10 to 30 minutes.



Using Designer Dries Clear and golden opaque glitter on blue paper.



Using Designer Dries White and transparent crystal glitter on same blue paper.

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