

Creative Living *with Sheryl Borden*



6900 Series - Home Hearth & Health - Section II

Table of Contents

Home, Hearth & Health

Mudroom Design	I-3
Supplement Savvy: What, How Much, Why & When?	I-5
Pick Paint Colors For Your Home	I-6
Design Tips for Small Space Living	I-6
Minwax Projects	I-7
Headboards	I-8
Transformation of Kitchens in the 20th Century	II-9
The Components of a LSF Lifestyle	II-11
Cooking & Eating Wisdom for Better Health.....	II-13
How to Convert an Old Shade So It is Safety Compliant ..	II-14
Tips for Avoiding Computer Eye Strain.....	II-15
Guests	II-16

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, “Mudroom Design” 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

Motivations 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 since the women of the house were 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 when they get the electric toaster and it's a big deal. Right around the turn of the century is when the electric tea kettle first surfaced.
- 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 in the dining room but breakfast and lunch were served in the kitchen on a 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 in the kitchen staff of Downton as they struggle with food shortages during this time
- Women are shown and seem to be the chief user of technology.



Fascinating women of the time of Christine Frederick:

- She did over 1800 time motion studies in her own kitchen regarding efficiency
- Founded Advertising Women of New York in 1912 (men wouldn't let women in their club)
- Figured out how to advertise to the female

and primary user of household products

- Brought standardization to the kitchen industry

Materials used in terms of design:

- Tile floor and walls in white as to show mold or bugs (sanitary)
- Linoleum
- Plaster
- Wood floors were common from a cost perspective. They were also 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)

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; 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
- Manufacturers used efficiency studies to standardize appliances 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 were very popular in an explosion of color and pattern
- Tile floor was starting to become less prevalent as women realized it was hard to stand on for long periods of time
- Built in cabinetry was being used because you didn't have to move it to clean under it
- Painted moldings in light colors made it easier to 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 kitchens we commonly see today were 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
- Refrigerators 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 accessories
- 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 table tops
- 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 & 70's saw 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 were popular. White cabinets instead of wood

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
www.karrbick.com**

The Components of a LSF Lifestyle

Living Sexy is all about making a paradigm shift on how we view sexy. It's about expanding our view of what sexy is. Sexy is about living your life with confidence, vitality, passion, health and abundance. Fit means having a body that reflects your deep and passionate nature, living a life of health, wellness, and positive self-acceptance from the inside out.

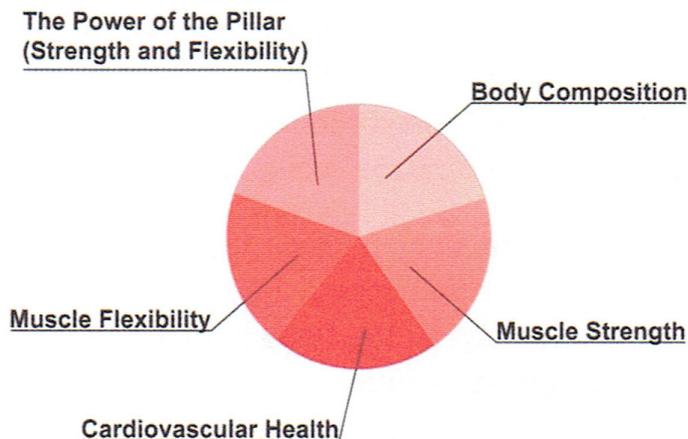
Living Sexy is about living your life ALL IN – no longer settling for less than you deserve, and claiming the joy that is rightfully yours... to be fit, to be rich, and to be happy with who you are and how you show up in the world.

And who doesn't want that??



The Five Components of Fitness

"Knowing is not enough: we must apply. Willing is not enough: we must do." Goethe



Being fit is defined by how well your body performs in each of these five categories:

1. The Power of the Pillar (Pillar Strength & Flexibility)
2. Muscle Flexibility
3. Muscle Strength
4. Cardiovascular Health
5. Body Composition

COURTESY: Kate McKay
Author, fitness coach, entrepreneur
www.kate-mckay.com

Losing Weight & Feeling Better

As a registered dietitian, people ask me how they can feel better and lose weight. They're often surprised by the answer. My four top tips are guaranteed to keep them on track because they're simple, realistic and effective!

Ambitious resolutions are bound to fail because they're impractical, complicated and time-consuming. Many people get disappointed and frustrated when they start and then fail. The National Institutes of Health, the American Heart Association, and other health organizations tell us to stop smoking. The role of smoking in many types of cancer is widely documented. Heart disease, too, has a clear connection to cigarette smoking. Compounds in cigarettes increase inflammation and that hurts arteries leading to heart disease and stroke.

Real weight loss comes from a real plan. Most people make lofty goals and eliminate favorite foods. That leads to disaster. A few simple strategies will put an end to that. You will look better and feel better when you follow these four proven strategies.

Stop Smoking!

- 20% of the US-population continues to smoke
- All health care professionals agree smoking cessation is the number one "must-do"
- Smoking destroys arteries and contributes to stroke; stroke is the leading cause of death
- Smoking negatively impacts the health of others -- especially children



Get More Sleep

- The National Institutes of Health research shows people (adults AND kids) who are sleep

deprived weigh more, have diminished focus and concentration, have more chronic diseases, and get into more accidents, etc.

- Seven to 9 hours is the recommended amount
- Make it a priority
- Set a time, write it down, follow it - not just whenever you get to it
- No electronics in the bedroom or texting under the covers!

CURRENT MOOD:



Lose Weight in a Snap:

- Use your smartphone camera to record what you eat
- Check it at the end of each day to see where to make changes
- Use apps like Sparkpeople and MyFitnessPal to record calories and more
- Other tips can be your pedometer, provide easy recipes, monitor sleep habits, etc.

Be Active! Build Muscle!

- Physical activity has many benefits including weight, improved self esteem and reducing depression
- Activity does NOT have to be strenuous to have benefits
- Resistance training is deemed more important because it builds muscle
- Muscle burns more calories than fat; and it adds to stability and strength.

**COURTESY: Pat Baird
Author and Registered Nutritionist**

Cooking & Eating Wisdom for Better Health

Cooking & Eating Wisdom for Better Health gives readers all the tools and know-how needed to cook joyfully, with agapi (Greek word for unconditional love) and eat for longevity. It teaches you how to cook intuitively using ingredients that harmonize your body and mind. Cooking and eating will become a time to celebrate, a joyful experience, a time to connect with yourself, a time to awaken to new experiences and time to heal. You can begin to explore and rediscover the pharmacy of nature for personal healing instead of the pharmacy.

The first section of Cooking & Eating Wisdom for Better Health begins with the ten ancient Greek wisdoms to adopt in the kitchen and when eating to ensure happy and stress free cooking. The ancient Greeks had an emphasis on cooking spiritually rather than stressfully. Positive affirmations are also included. Affirmations were used by the ancient Greeks to look at the world and life from a positive frame of mind and to promote healing within.

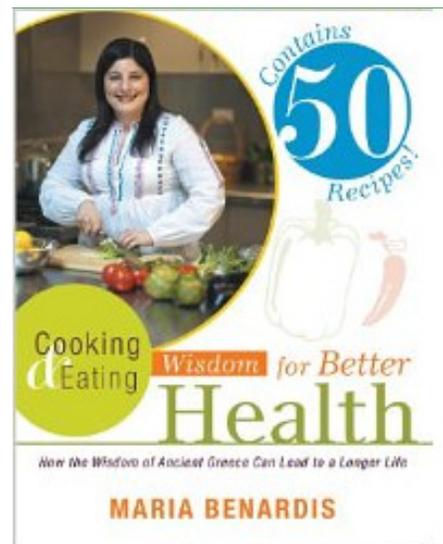
The second section of Cooking & Eating Wisdom for Better Health features some key ingredients and their healing benefits noted by Hippocrates and other ancients that were used by them in their cooking and in potions to heal health conditions. Recipes are included to showcase the healing ingredients.

Healthy eating and a healthy mind were the two key components practiced by the ancient Greeks to ensure healthy living and longevity - *"Let medicine be thy food and food thy medicine. The natural force within each of us is the greatest healer of disease."* Hippocrates. Many people during these times lived up to the age of 200 years old - a rare occurrence now days. We all have the potential to live long and healthy lives, and this book will provide you with the know-how.

Cooking & Eating Wisdom for Better Health is an essential addition to every kitchen!

Hippocrates's Carrot Soup

This is my interpretation of Hippocrates's healing carrot soup. After consuming a bowl of this soup you will feel cleansed and healed. It warms the body and settles the tummy. It's a great alternative to the soulful chicken soup.



- 4 tablespoons extra virgin olive oil
- 2 leeks, white part only, thinly sliced
- 2 pounds (1 kg carrots), peeled and chopped
- 2 stalks celery, thinly chopped
- 3 cups (1 litre) vegetable or chicken stock
- 4 cup flat-leaf (Italian) parsley, **plus** 2 tablespoons extra, to garnish
- 2 teaspoons chopped thyme leaves
- 1-2 teaspoons ground cumin
- sea salt and cracked black pepper, to taste
- 6 Tablespoons plain Greek-style yogurt, to garnish

Heat the olive oil in a large saucepan over a medium heat. Add the leek, carrot and celery and cook uncovered, stirring occasionally, for 5-8 minutes or until the vegetables start to soften. Add the stock, parsley, thyme, cumin, salt and pepper and mix well. Cover and bring to a low simmer and cook for 20-25 minutes or until the carrots are very tender. Remove from the heat and set aside to cool slightly. Place the cooked vegetables into a food processor or blender and process until smooth. Return the soup to the saucepan and heat over medium-high until hot. Ladle the soup into serving bowls and season with a tablespoon of yogurt and the extra parsley. Serve while still hot. Serves 6.

COURTESY: Maria Benardis
Author
www.mariabenardis.com

How to Convert an Old Shade so it is Safety-Compliant

Safety standards for the manufacture (sewing) of corded window treatments have been revised to make shades much safer. To eliminate the possibility of accidental strangulation from the cords on the back of the shade, the cords must be shrouded. Furthermore, the shroud must be attached to the shade in small enough intervals to prevent the formation of a hazardous loop. It is easy to convert an existing Roman shade into a safety-compliant shade.

First you should examine the spacing of your lift rings. If they are less than or equal to 8-inches apart in the vertical direction, you simply need to add a cord shroud and re-string the shade. If they are more than 8-inches apart, you will need to sew on more lift rings.

Lift rings are less than or equal to 8-inches apart in the vertical direction: Remove your shade from the mounting board. Pull each lift cord out of the mounting board hardware and column of lift rings. Leave the cord tied to the bottom lift ring. If necessary, reinforce the thread holding the rings to the shade. Lay the shade upside down on a work surface. Tie the shroud (a polyester cord with small loops spaced 1-inch apart) around the thread on the lowest lift ring.



Tie the shroud to all of the remaining rings in each column making sure it is tight between the rings. After all columns are done, attach the mounting board and staple the shroud onto the board.

String the lift cord up through the loops of the shroud and through each lift ring.



When you pull the lift cord it slides through the loops in the shroud and the shade folds up along the rows of lift rings. The shroud gathers up between the rings. The lift cord cannot be pulled away from the back of the shade into a hazardous loop because it is contained by the shroud which is attached to the shade.

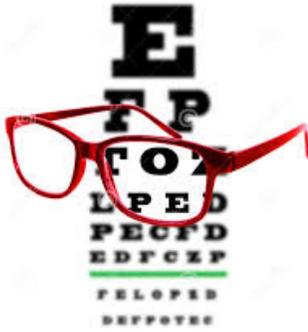
Lift rings are more than 8-inches apart and you do NOT have internal battens: Remove your shade from the mounting board. Pull each lift cord out of the mounting board hardware and column of lift rings. Leave the cord tied to the bottom lift ring. If necessary, reinforce the thread holding the rings to the shade. Add lift rings half-way between each of the existing rings and one additional one above your last ring in each column. You will have twice the number of lift rings as before. Follow the directions above to shroud the lift cord.

Lift rings are more than 8-inches apart and you do have internal battens: Remove your shade from the mounting board. Remove all lift rings and cord. Add internal battens half-way between each existing batten and one above the top battens. Continue with the directions above.

Courtesy: Terrell Sundermann
Terrell Designs
www.terrelldesign.com

Tips for Avoiding Computer Eye Strain

The majority of people today in offices spend a great deal of their time in front of the computer screen. All this computer use leaves a lot of people experiencing what the American Optometric Association refers to as "computer vision syndrome." The good news is that there are preventative measures that can be taken to help keep the problems to a minimum.



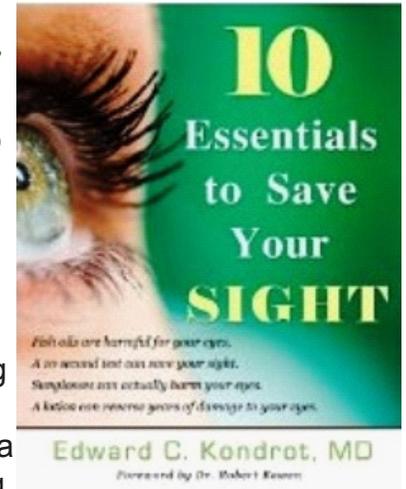
Computer vision syndrome has a range of symptoms that include headaches, blurred and double vision, inability to focus, eyestrain, neck and shoulder pain, and watery or dry eyes. It can be caused from spending a prolonged period of time putting strain on the eye. Here are some tips for helping to prevent computer vision syndrome.

- **Vitamins and minerals.** Considering that the eyes have one of the highest energy requirements in the body, it is important that they get proper amounts of vitamins and minerals. Dr. Kondrot recommends that people use Vision Saver Formula, manufactured by Nutritional Research, which offers key antioxidants and ingredients that will help improve the health of the eye and reduce eyestrain.

- **Homeopathy.** Speak with a practitioner to find a level of therapy that will work for your individual circumstances. One of the most common homeopathic remedies to treat eye strain is Ruta Graveolens. This remedy can greatly reduce the symptoms of eye strain during prolonged computer use.



- **Blinking.** To help keep the eyes from becoming dry, try to blink often. This will help to keep the eye surface moist and prevent it from drying out. Try opening and closing your eyes in a slower motion, giving your eye more time to become moistened.
- **Palming.** Close your eyes and gently rest the heels of your hands on your cheekbones, covering your eyes with your palms. Imagine and visualize blackness. At the same time, feel your breathing. Breathe deeply, slowly, and evenly, through your nose. The slower you breathe, the better.
- **Increase the light.** Not having a light on when you are using the computer (or television) can put more of a strain on your eyes. Be sure to put a light on, to help reduce the strain.
- **Check the position.** The position of your computer can add to your eye strain. It is important that it is positioned a good distance away - around 20 - 28 inches from the eye, and that there are no glares on it. Re-position your computer to provide maximum eye comfort.
- **Take breaks.** Even while on the job, it is important to give your eyes a break when using the computer. Ideally, aim for a 15-minute computer break every two hours, and look away from the computer screen at least every 20 minutes.



COURTESY: Dr. Edward Kondrot, MD
Healing the Eye & Wellness Center
www.healingtheeye.com

Home, Hearth & Health Guests

Pat Baird, MA, RDN, FAND
2 Putnam Hill, #2-J
Greenwich, CT 06830
917-797-1024 - phone
pat@patbaird.com
Nat'l. Fisheries Institute
www.aboutseafood.com

Maria Benardis
Cookbook author
635 W. 42nd St., 16D
New York, NY 10036
917-319-7783Bu
info@greekalicious.com
www.mariabenardis.com

Latriece Brooks
Brooks Interiors
125 Colonial Estates Parkway
Clovis, NM 88101
575-799-4888
FAX: 575-762-8992
brooksinterior@gmail.com
www.brooksinteriorsllc.com

Bruce Johnson
Minwax
10 Mountainview Rd., Suite A
Upper Saddle River, NJ 07458
973-841-1736
askminwax@sherwin.com
www.minwax.com

Dr. Edward Kondrot
Healing the Eye & Wellness
Center
31242 Amberlea Rd.
Dade City, FL 33523
800-430-9328
info@healingtheeye.com
www.healingtheeye.com

Kate McKay
Author, speaker, coach
6 Morin Rd.
Newburyport, MA 01950
978-387-7873
katesiena@comcast.net
www.kate-mckay.com

Rebecca Peck
The Upholstery Studio & Amate
Studios
151 Second Ave.
Phoenixville, PA 19460
610-331-3747
inkinmama@gmail.com
www.upholsterystudio.com

Jenny Rausch
Karr Bick Kitchen & Design
2715 Mercantile Cir.
Brentwood, MO 63122
314-486-8467
FAX: 314-645-4785
jenny@karrbick.com
www.karrbick.com

Elizabeth Somer
Author & nutritionist
4742 Liberty Rd. S., PMB 148
Salem, OR 97302
503-362-2368
cell: 503-302-6190
esomer@earthlink.net
www.elizabethsomer.com

Kimball Starr
Kimball Starr Interior Design
1616 16th St. #370
San Francisco, CA 94013
415-637-8203
Kimball@kimballstarr.com
www.kimballstarr.com

Terrell Sundermann
Terrell Designs
85 Crestone Way
Castle Rock, CO 80108
303-639-9876
TerrellSun@gmail.com
www.terrelldesign.com

Andy Wells
MasterBrand Cabinets
P. O. Box 420
Jasper, IN 47547-0420
812-634-0451
812-630-0656 (cell)
awells@masterbrands.com
www.masterbrand.com