

Bath Has Variations

Want a master bath without adding a room? A compartmented bath, which can be designed for multiple use, may be the answer to your problem, according to Robert Huff, home improvement director.

He points out that a compartmented bath may be linked to the master bedroom, while the other door provides access from the hall. With compartmentation, two people can use the bathroom in privacy at the same time.

"By putting the toilet and tub in a compartment which opens into the hall and dressing area for a second compartment adjacent to the bedroom, you create a feeling of master bath privacy while making possible simultaneous use by the children," Huff says.

To avoid door swings, use sliding pocket doors.

In the dressing compartment, Huff suggests one of the new embossed panels with one with soft linen stripes. This panel works well in small areas because, although it has a definite pattern, it does not tend to overpower a room.

Huff adds that local building material dealers have complete information on plastic-finished hardboard including the new embossed and textured panels that can be used so effectively in remodeling



COMPARTMENTED BATH—This divided bath-room provides spaciousness and privacy. Antique marble paneling is featured on the divider wall behind the lavatory. Behind the sunken tub is a mural, a decorative plastic-finished panel that is designed for high-humidity areas.

The Green Thumb

By GEORGE ABRAHAM

Garden Phlox: This perfectly hardy perennial is easy to grow, but it also can be baffling, especially when it changes colors.

Actually, the plants do not change colors or revert. When blues or pinks or whites change to a different color, it's because the faded blossoms have been allowed to go to seed, and the seedlings, which never come true with most plants, have crowded out the parent plant. So be sure to remove the spent blossoms as soon as they are past their prime. Now's a good time to do it.

It's also a good idea to divide the plants every three years or so to keep them growing in a healthy state.

Phlox divide easily and the job can be done in fall or spring. Take a spade and separate the clump, then they can be pulled apart. Just make sure each division has three or four eyes or buds. Reset them at the same depth they grew and water them well.

Powdery mildew is always a problem with phlox. This causes a whitish mold or leaf surfaces, worse in damp weather.

Control: provide good air drainage. Cut back severely infested stems and burn. Spray the plants with Miltex, starting early in spring.

BIBLE SAYS: DON'T POLLUTE: It's amazing to note how the Bible proves to be as timely today as it was thousands of years ago. Want proof? Turn to the book of Numbers, Chapter 35, line 33, which reads: "So ye shall not pollute the land wherein ye are."

The Bible also predicted the automobile and airplane ("horses carriages"). We cannot do without autos, but did you know that motor vehicles contribute a good half of this country's air pollution? That's why it's a good idea to plant all the trees we can. Our trees are dying at the rate of one million a year.

We need at least three trees for each person on earth. Good landscaping means planting more trees. They help cut down on your fuel bill in winter and make your home cooler in summer. A properly located shade tree can reduce summer room temperatures as much as 20 degrees.

Trees not only eliminate the "auto furnace" but will cut your fuel bill by as much as 30%, by acting as a windbreak. Trees help purify our air by releasing out carbon dioxide and giving off oxygen. We should plant 10 trees for every 100 cars and 100 trees for every truck on the road.

GREEN THUMB CLINIC: A reader writes: "We planted our Easter lily outdoors in spring and it blossomed this fall. Does the bulb need winter protection?"

Answer: No, it's perfectly hardy, and should blossom each year. Divide every three or four years. Some gardeners have had good luck digging it up and bringing the bulb indoors for Easter flowering.



One tool that should be in every home is a plumber's plunger—a bell-shaped rubber cup mounted on a wooden handle. In the case of a stopped-up sink drain, place the open plunger over the drain opening, with enough water to cover the edge of the plunger so it makes a seal all around. Work the plunger up and down.

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Houseclean In Easy Stages

Ever since the first cave-woman swept the fallen leaves out of the family rock shelter with an improvised broom of rushes, the autumn season has inspired a frenzy of activity known as fall housecleaning.

Perhaps in some subconscious way, the housewife of today is exorcising the spirit of relaxation that characterizes summertime living. Now with the change of season, she suddenly sees that closets must be cleaned, windows washed, rugs shampooed, slipcovers removed and laundered. The whitening commences. At the end of the week, the housewife has a sparkling clean house -- and probably a bad backache!

Research shows that women are more prone to backache than men. Of course, men lead more sedentary lives than most women. But although there is much physical activity in daily housework, Dr. Jacob Graham, chief of orthopedics at Lenox Hill Hospital in New York says, "The average housewife does not adequately exercise muscles of her abdomen, back and legs."

IF YOU ARE among this group, here are several helpful suggestions aimed at alleviating the strain and pain of fall housecleaning.

- Don't plunge into excessive physical activity when the first leaf turns red. Organize your chores in easy stages.
- Be careful about lifting heavy things. Generally speaking, you shouldn't lift anything over 25 pounds. But if you must, be sure to bend your knees and lean from the waist. In this way your arms, legs and hips all help your back to lift the burden.
- Prepare unsmudged muscles for the work ahead. Do moderate exercises -- touching the floor, knee bends, push-ups. Start doing it five times, then gradually increase to ten, fifteen, twenty.
- Stop and rest every so often as you work. This will keep your back from tiring. Muscle tension caused by extreme fatigue often triggers a backache. Even wearing the wrong pair of shoes can result in putting a strain on your spine. Wear low-heeled, arch-supported shoes. Sandals and sneakers do not give enough support.

IF YOU'VE overextended yourself with fall housecleaning and brought on a backache and its attendant miseries, rest in bed for an hour or so.

Take two aspirin tablets and relax in a hot tub for about 15 minutes. The aspirin and the warm water will relieve the aches and relax tense muscles. If your backache remains severe and persistent, don't hesitate to see your family doctor. Last but not least, if you don't get around to finishing all your housecleaning chores, don't worry. There's always spring housecleaning!

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