

Decorator's Notebook

Color Can Cure The Winter Blues



Simple, yet colorful, items such as candles, bright bathmats and shelf liners can add personality, character and flare to even the darkest, dreariest corner of your home.

(NAPSA)—Winter months and lack of sunshine have been known to bring people down. Increased amounts of sleeping, lethargic, slow movement, cravings for carbohydrates and increased appetites are all linked to “cabin fever” and winter blahs. But just because it is winter and the sun doesn’t shine doesn’t mean that you can’t bring a little brightness into your home. Some simple and creative ideas can increase the vividness of one’s home, which in turn, affects you and your family’s personality.

The key to lifting your spirits is to make your home a place where you like to be. If it’s happy you’ll be more likely to be happy too. Bright, brilliant and airy rooms make a nice place to relax after a hard day’s work and they make it easy to overcome any stressful situations you may have encountered at work. There are a number of ways to integrate color into your home; following are some bright ideas:

- Use white or light-colored paint when picking wall colors for rooms throughout your house. White and light-colored walls

reflect light and make a room brighter.

- Open the curtains and let what little light you have come in. When it gets dark early, close the curtains and turn on some bright lights so you forget what it’s like outside.

- Play music that makes you feel good.

- Liven up your home with colorful accents throughout every room. Add fluffy yellow towels to the bathroom, an assortment of cheerful pillows in the family room, a bright rug to welcome guests in the foyer and Duck brand Softex bathmats to cheer up that dreary bathtub.

- Make even the darkest areas in your home stand out with color; apply Duck brand shelf liner to all cupboards and closet shelves so you get a taste of color every time you open the door.

Even the darkest of homes can be altered to display the brightest of colors. Duck brand has shelf liner and bathmats in a number of bright colors and designs. For more information call (800) 321-0253 or visit www.duckproducts.com.