Make Do and Mend Booklets

It’s funny, isn’t it? These little booklets have been hanging around for decades, unwanted and unread, gathering dust in attics and moldering on charity shop shelves. While dimly aware of the Make Do and Mend campaign, and someone who cringes at the thought of throwing away usable fabric, I had never seen the pamphlets, or read them for myself, until a few months ago.

I was immediately captivated. The clever and frugal household tips transported me to a time when British citizens were permitted but one egg a week, a modest cube of cheese, a pat of butter, and a few ounces of meat. It was a time when coupons for clothes were cut from allowance books, and if you didn't have the coupons, you couldn't buy the clothes, no matter how much money you had in your purse. A time when enterprising women supplemented these rations with inventive recipes, and garments cut from recycled fabric.

I would be interested in collecting any of these books to add to the WWII War Brides Archives. Here are some pages from what I was able to find on the internet.
MAKE DO AND MEND
KEEPING FAMILY AND HOME AFLOAT ON WAR RATIONS

REPRODUCTIONS OF OFFICIAL SECOND WORLD WAR INSTRUCTION LEAFLETS
FOREWORD BY JILL NORMAN
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Do not wait for holes to develop. It is better to darn as soon as garments begin to wear thin. Imitate, as well as possible, the texture of the fabric being darned. When darning a big hole, tack a piece of net at the back and darn across it, and this will give an extra support for the stitches. A tear should be tacked round on to a piece of paper, to hold the edges in position.
DARNING A HOLE

First clear the loops of fluff and broken ends of threads from knitted garments or clip away ragged edges from machine knit fabrics. Always use a darning ball under large holes.

1. Make the darn the shape of the hole.
2. Darn up and down the hole first; work on the wrong side.
3. Choose mending as fine as the material of the garment.
4. Begin a good distance away from the hole in order to reinforce the thin parts round the hole.
5. Space the rows of darning the width of a strand of mending apart.
6. Pick up the backs of the loops only unless the material is very fine.
7. Leave loops at the ends of each row and darn so that stitches alternate with spaces between stitches in the previous rows.
8. Pick up the edge of the hole in one row then go over the edge of the hole in the next row. If you have cleared the edges of the hole you will find this will be easy and will make a neater mend on the right side of the garment.
9. Continue the darn over the thin place beyond the hole.

Darning over the first rows of darning

1. Darn over the hole only and about two stitches of darning beyond.
2. Leave loops at the ends of each row, and only pick up on the needle the darning stitches.
3. Pick up the alternate strands of mending in first row.
4. In alternate rows, pick up the strands of mending you passed over in the previous row.
SHOES AND SLIPPERS
Slippers of all sizes can be made from old felt hats, pieces of thick cloth, etc. The best way is to take a pattern of the foot on a sheet of newspaper, drawing a line round it, and allowing an \( \frac{1}{2} \) in. turning—the top pieces should also be cut to pattern.

LOOKING AFTER SHOES
Remind children to wear slippers in the house, as it does save kicking out at the toes and sitting with leather shoes in front of a fire. If your child has Wellingtons see that they are only worn when it is raining—rubber is scarce, and they are an asset which may become difficult to possess. Always see that shoe-laces are untied before the children kick off their shoes.

SHOE AND CLOTHING EXCHANGES
In many cupboards throughout the country, children's shoes are lying idle not because they are outworn but simply because they are outgrown. Local schools, welfare clinics or women's organisations arrange for exchanges of outgrown shoes.
WHAT MOTHERS CAN DO TO SAVE BUYING NEW

Reinforcing children's clothes
One of the first things to remember is that reeved clothes last twice as long. This applies particularly to children's clothes which receive such a lot of wear and tear—and they should be reinforced when they are first new.

HERE ARE ONE OR TWO SUGGESTIONS

KNICKERS
The seats of knickers and trousers should be strengthened by patching on the inside—the shape of the patch is shown on the sketch. Patches should be kept in position by herringbone stitch. When there is already a lining, they should be fixed as an interlining.

SOCKS
Hand-knitted socks should have the heels and toes knitted either in double wool, or with one thread of wool and another of strong cotton thread. A similar idea is to darn stockings at the heel and toe before being worn and the centre back seam should be firmly oversewn on the inside of the heel.
SCHOOL CLOTHES

Wait until existing clothes are really worn out (if your child is just starting school) before buying the uniform. When children approach school-leaving age—buy clothes that are suitable for post-school wear. When the uniform has been discarded for school wear simple alterations can completely change its appearance.

When considering the question of reinforcing, particular attention should be focused on schoolchildren’s clothes. Schoolgirls’ blouses for instance, wear particularly quickly on desks and should be reinforced with a semicircle of material at the elbow and strengthened across the back. School-boys’ jackets can be bound at the elbows, useful material is the leather from worn-out gloves.

HOW TO LET OUT AND LENGTHEN CHILDREN’S CLOTHES

There are a wealth of ideas for letting out children’s clothes, the ideas shown in the sketches are a few of the simpler ones. As a general rule, however, the outgrown article should be completely unpicked from hem to underarm each side, and then along the sleeve seam, until the whole garment can be opened out flat in one piece. Contrasting bands of material can then be let in at the sides, at the waist, and a new yoke can be made both to lengthen the frock and to let it out under the arms.

HINTS ON CUTTING NEW CLOTHES FOR CHILDREN

Leave good turnings on the following parts when cutting out new clothes for children: side seams, top edges of skirts and trousers and lower edges of bodices, underarm seams of sleeves in one-piece sleeves (both seams in two-piece sleeves), across the shoulders, centre back seams on coats and jackets, also at hems, cuffs and trousers hems. Leave the extra material inside the seams of the garment when making it up, so that at some future date it can be used for letting out.

In the case of a one-piece garment like a sleeping suit, allow for a deep tuck at the waistline, and in the case of a dress with a yoke, leave material under the yoke.

Always make and buy children’s clothes on the big side.
CUTTING DOWN GROWN-UPS CLOTHES FOR CHILDREN

Never cut up clothes until they are really beyond repair.

If you are not an expert, always use a pattern when you cut down grown-ups' clothes for children. Hold the material up to the light to find the weak spots and mark with a ring of coloured tackings any worn parts that would not last long. Having unpicked the garment, wash and press all the pieces, then arrange the pattern on them, avoiding any of the marked places. Make up as you would a new garment. Don't be afraid of using different materials or colours (so long as they wash the same way). Sleeves of non-matching material look perfectly well and the bodice of a dress can be different from a skirt.

Some of the following are suggested as ideas:

- Men's jackets into small girl's or boy's overcoats and suits.
- Men's pyjamas into small children's underclothes, sleeping suits, nightdresses, overalls, blouses and skirts or summer frocks.
- Men's old shirts into dresses, blouses, underclothes and nightgowns.
- Most women's clothes can be cut down for children into dresses, coats, toddlers' suits and underclothes.
Look after your **WOOLLENS** they must last longer

All woollens, coats, suits, dresses, mufflers, blankets, rugs, etc., will last much longer if you take care of them and take advantage of the hints in this leaflet.

**MOTHS**
The first thing to remember is that it's the grubs that eat your clothes, not the moth itself. Look out for the little eggs and the white grubs that follow.

Give all woolen clothes a regular airing. Put them on a clothes hanger and let them hang out in the open air or near a window. This will give them a good airing and prevent the growth of grubs. Look particularly underneath seams, cuffs, revers and turning-ends, in side pockets.

Never store away soiled woolen material. It will attract harborers. Examine all stored woolens from time to time, giving them the airing and brushing described above.

Heat will kill moth eggs, so give your clothes a good pressing from time to time. Use a damp cloth over the entire surface of the garment, and as you press each section, wipe away the cloth, substitute a dry cloth, and re-press to dry out the dampness caused by the first pressing.

Grit and dust wear away the fibers, so brush and shake all woolen clothes often. Deal with stains at once—warm water removes stains if they are treated immediately.

**HOW TO WASH WOOL**

**Never Bill Woolens**—they should never be subjected to extremes of heat and cold, and should not be left too wet or too cold indefinitely.

**Never Dye**

Your woolens will not last as long if they are dyed in dye or tints, or run in a pale blue from a stained article.

**Never Soak**

If you are washing hand-knit garments, omit them with very gentle wash. NEVER WRING. After rinsing, wring in a towel, and square to allow the surplus moisture to be absorbed by the towel. Then lay flat, pull to the correct shape, and dry in this position. The best way to dry woolens is to lay the garment on a string hander or on a cloth over a wire ring on a solid bow or fastened to the ends of two chairs.

**Ironing**

Ironing woolens, fabrics, materials, especially on the outside where they are dry. Ruffled clothes don't usually need pressing.

**Hints on Mending and Re-Enforcing**

All woolen garments should be mended on the inside where they get used most. It is usually easier to work on the inside as well, and get the work done sooner.
GETTING THE BEST WEAR OUT OF KNITTED GARMENTS

Mend and darn knitted garments as soon as they need it. If there is a large hole at the elbow of a jersey or the heel of a sock, it is easier to knit a new patch and sew it in, rather than to darn the hole.

Never waste a knitted garment, even though it may be badly shrunk or too ragged to wear. Unpick the seams and then unravel each part of the garment, beginning at the end where the knitting was finished off. This is usually at the neck of the jumper or cardigan, at the top of a sleeve, and so on.

Make the unravelled wool into a skein and wash it round in some warm soapy water. It is a good idea to tie the skein in at least four places before washing, otherwise it will tie itself into inextricable knots. Rinse well, and lay flat to dry. Then wind into balls in the ordinary way. You may have to break the wool a good many times when unraveling. Don't rejoin with knots, but wait until you knit the wool, then unravel the end a little and roll two together.

Socks can always be refashioned in another colour, and jerseys, jumpers and cardigans look quite smart with contrasting sleeves. Don't hesitate to use dark coloured wools for children's underwear—it's out of date now to use light shades only.

Knit up odd lengths of wool into squares and join them together to make blankets, gift covers, babies' shawls.

New garments can be knitted up from two colours of old wool. Jumpers with contrasting backs and fronts are very useful if you make the neck reversible.

When elbows begin to wear thin in jumpers and jerseys, it is a good idea to take out the sleeves and reverse them.
Every woman her own CLOTHES DOCTOR

NO NEED TO BE A SPECIALIST TO DEAL WITH THESE SIMPLE RENOVATIONS

Here are a few treatments for common clothes complaints—all quite easy to carry out and all well worth doing. Step-by-step instructions are given for some renovations—for others only the general idea is suggested which you can improve or adapt to your own needs.

**TO LENGTHEN A DRESS**

Let in a band of contrasting colour material (about the same weight) from the waist to 6 in. below and bind the neckline, add a pocket to match, or a contrasting band at the hem.

**TO PREVENT A BAGGY SKIRT**

Let out side seams if turnings allow. Half-line skirt to take strain—never lounge about in tailored skirt—ease slightly at hips before sitting down. Press often—hang when not in use.
Knickers Renewed

Our good pair of old panties is sure to be a good one. Not only will you find them comfortable, but they will last for a good number of years if you take care of them properly. The following tips will help you to keep your panties in good condition:

1. Wash them regularly in cold water with a gentle detergent.
2. Do not use hot water or bleach.
3. Hang them to dry in a shaded area.

FRESHENING UP TACTICS

When washing panties, it is important to use a gentle detergent and not to use hot water. This will help to keep the panties in good condition and prevent them from shrinking.

To keep a blouse within bounds

The blouse that won't stay put, inside your skirt, is usually caused by the blouse being too tight. To fix this, insert a small elastic band at the waist, or sew in a small elastic band at the waist to hold the blouse in place.

To give an old coat a fresh start

A buttonhole can be made by cutting a strip of fabric, inserting it into the buttonhole, and sewing it in place. This will help to keep the coat in good condition.

Decorative Elbow Patch

To make a really good job of patching a coat, first shape the patch to fit the hole. Then, using a strong thread, sew the patch in place. This will help to keep the coat from tearing further.

To keep pace with a growing girl

Use a large needle and thread to sew the growth lines in the fabric. This will help to keep the girl from growing too fast.

Replacing Pockets

To give new life to a Pullover

When replacing the pocket in a pullover, be sure to use a strong thread and to match the color of the fabric. This will help to keep the pullover in good condition.

The SHAPE of your dress

The appearance of a dress or suit is often greatly affected by the fit of the dress. A well-fitted dress will look better and last longer than an ill-fitting one. To achieve a good fit, be sure to:

1. Measure yourself before selecting a dress.
2. Choose a dress that fits your body type.
3. Avoid dresses that are too tight or too loose.

Pleats Repaired

When a pleat tears, it can be repaired using a strong thread and a needle. If the pleat is small, use a smaller needle and thread. If the pleat is large, use a larger needle and thread. This will help to keep the pleat in good condition.

To renew worn gloves

Gloves are a sign of class, so it is important to keep them in good condition. To achieve this, use a strong thread and a needle to repair any tears in the gloves. This will help to keep the gloves in good condition.

To read renew worn gloves

Gloves are a sign of class, so it is important to keep them in good condition. To achieve this, use a strong thread and a needle to repair any tears in the gloves. This will help to keep the gloves in good condition.
YOUR FUEL SENSE
means more pennies in your purse

In almost every household the same amount of convenience and comfort as housewives enjoy today could be obtained with a good deal less fuel. Less electricity, less gas, and less coal could be used by almost all of us, without any serious difficulty, if we all gave a little more attention to detail. Fuel is not cheap today—especially in the winter—and it is well to try every woman's wit to employ her fuel sense and keep more pennies in her purse.

FUEL SENSE
is simply Good Housekeeping

Fuel is money. Every time you turn on a switch or light the gas, and every time you put a lump of coal on the fire you are spending money just as surely as when you hand it over the counter of a shop.

While shopping you try to see that you get value for every penny you spend. You ask yourself questions. You wonder: "Is it worth it? Could I manage without?" It is quite easy—once you've got into the way of it—to do just the same thing when you are spending fuel.

Suppose, just for example, that we are thinking of switching on the electric oven to roast the joint. We know that ovens simply gallop away with our electricity-pennies. So we use our fuel sense and say that if we really must spend all those pennies we had better get full value for them. What else can be cooked while the oven's hot? Roast or baked potatoes—of course. Yorkshire pudding—if it is beef this week. A pie? Baked apples? Perhaps we could braise some onions, or celery, or parsley?

All the time the oven is on we should be thinking of those pennies we are spending—a penny every five minutes in some districts. When we remember that, we remember, too, that electric ovens stay really hot for a long time after they are switched off. So twenty minutes or a quarter of an hour before dinner time—just when we are beginning to think about laying the table and making the gravy—our fuel sense tells us to switch off the oven.

And at the very end—if we have a really big fuel sense—we remember the washing-up. When we have taken out the meat, we put a bowl of water in the oven. There'll still be enough heat to warm it up while we carve and eat the dinner.

Of course, this is elementary fuel sense. You probably do it already. Probably your mother taught you. But many of us forget. We forget because we do not keep on telling ourselves that fuel is money.

FUEL SENSE
means these three things

There are three big divisions of fuel sense, and all the hints and tips in this booklet come under one or another of them. They are:

1. Using the most efficient appliances.
2. Making sure that the appliances we have are as efficient as possible.
3. Keeping heat in the house (and cold outside) by insulation, draught-prevention and lagging.

These are essentials. There's no joy in saving 2d. worth of oven-heat when you could have saved 6d. (and had much more tender meat) by pot-roasting on top of the cooker.
There's no fun and no fuel sense in firing on an electric cooker with a pan that does not make proper contact with the hot-plate.

And, of course, it is simply throwing fuel-pennies to the four winds if all our efforts to keep the house warm are frustrated because a big part of the heat escapes through unused chimneys or non-insulated ceilings, while cold draughts come in through the floorboards, under the doors, or round the windows.

FUEL SENSE

says “First things First”

The first thing to do, then, is to look at our appliances. Are they efficient? Can they be improved? Could we buy (or persuade the landlord to put in) something more sensible and—in all probability—more economically? Then we must find out how to make the best use of what we’ve got.

This little book is brimful of really valuable ideas about this.

And we really must make sure that we are not simply pissing away our fuel-pennies because our hot-water pipes are not lagged, because our rooms are draughty, and our attic badly insulated.

Electricity—pennies should be saved in Danger Hours

In the winter months—and on the cooler days of English summer—it is still very important to use our current by the clock, every hour, of electricity that we can save between 8 in the morning and midnight and between 4 and 10.30 in the afternoon is worth a good deal more money to British Industry.

Cooking with Gas

1. Be careful when using boiling rings—add together they account for about three-quarters of the gas used in this country for cooking.

2. Use the smaller ring for all but the largest saucepans. It takes only a little longer to bring them to the boil and saves a lot of gas.

3. Keep the flame under the kettle or saucepan. When it comes up and licks the sides it wastes a lot—and makes pans and kettles dirty, too. A finned-base kettle saves both gas and time.

4. As soon as you are cooking boil down with the gas! Quite a small flame keeps things simmering or on the boil.

5. With a gas cooker it is more economical to try than to grill.

6. When using the oven, make it really earn its keep by cooking pies, roasts and cakes at one setting.

7. Make full use of the oven-centred or thermostat if you have one.

8. If you use a cooker with a pilot light, keep it turned off at night and when you are not cooking.

9. When grilling or toasting use the heat on top of the grill.

Cooking with Electricity

1. Always switch off the oven and hotplates before you have finished cooking. Take fullest advant-

2. Use boiling water instead of hot. When the water is hot, put the water on the boil first and then turn the heat down. Do not leave the water boiling, especially for a long time. A large amount of water is wasted when the kettle boils over.

3. Use a smaller kettle. A smaller kettle uses less water and takes longer to boil, which saves gas.

4. Use a more efficient kettle. A more efficient kettle uses less water and takes longer to boil, which saves gas.

5. Use a more efficient kettle. A more efficient kettle uses less water and takes longer to boil, which saves gas.

Cooking—With Solid Fuel

Combination Grates

1. Most people who cook with solid fuel have a combination grate. In one of the commonest the even is beside the fire; in another it is directly over the fire. The illustration shows a solid-fuel grate, but most of the solids shown in it will be found fitted to the other types, and nearly all the bits apply as well.

2. Damper Drill. Closing the chimney damper (or putting in the damper over the fire you reduce the draught to the open fire and reduces the draught to the even face. For cooking, half open the even face damper and close the hot-water damper.

How fuel sense saves money
6. Utensils are always kept clean inside, but many people don't realize that dirt or soap on the outside shows up cooking and electric fuel. But you don't want a sloppy base. Bull or black ones transfer heat more quickly so what you're cooking.

7. Cooking isn't the household's biggest consumer of electricity or gas, but it gives some of the best opportunities for using fuel more and saving money.

**Hot Water**

1. Most water companies will correct dripping taps at short notice, either free or for a nominal charge. (A drop every second can waste a hundredweight of coal a year!)

2. Using two or three inches less water in the bath is no hardship to anyone, but you'd be surprised at the money saved.

3. It is always better to washup in a bowl. Most sinks hold too much water and you use it very quickly. We have all been guilty at times, but washing hands or dishes under the running tap is shockingly wasteful. Let's try to avoid it.

4. Wash-boilers can safely be turned down as soon as boiling-point is reached.

5. Switch off an electric immersion heater before the Danger Hour (8 a.m. to 12 noon and 4 p.m. to 11 p.m.); you will have hot water enough to see you through.

6. See that all hot water tanks and pipes are properly lagged.

**Lighting and Radio**

1. Use good lamps or mantles and light-shading shades, and keep lamps and reflectors bright and shining.

2. In passages and halls and for reading-lamps you seldom need a very bright light.

**Drying**

1. Electric irons should be switched off for a few minutes from time to time to make use of the stored heat.

2. To heat up at electric iron for one or two small articles is a most expensive habit. "From a hat while the iron's hot" is the rule.

**Gas Pokers**

1. They are handy but they are expensive for gas. If you use the fire carefully, using wood when you can get it, you need not use gas poker for more than five minutes.

**Leaking**

1. Leaking is BASIC fuel saver. INCASE it can be done very cheaply and without cost at all, and once it's done it stays done, saving fuel and money year after year without trouble or fuss.

2. You can buy ready-made jackets for hot-water tanks or suitable materials specially prepared for lagging. These can be obtained from some ironmongers, builders merchants, and general stores.

3. As no cost at all you can improvise suitable material from (a) strips of old felt, (b) old carpets, (c) old blankets, coverlets, (d) corrugated cardboard, or (e) sawdust.

4. Remember that lagging should fit closely and—most importantly—that it should go on top of the tank as well as round the flue.

5. Hot-water pipes, both flow and return, between the boiler and cylinder or tank should be lagged, too.

**Turning off lights—and radio, too—when you leave a room should be a matter of habit. Two hours' waste of your radio every day soon uses up half a hundredweight of coal a year at the power station.

**Housewarming**

1. Turn on fire and radiators only when absolutely necessary—and then turn them off at least half an hour before you finally leave the room.

2. Turn on electric or gas fires full only to heat the room. Half the fire will keep it warm.

3. Even if you will be out of the room only for a few minutes, be sure to turn off fire. After all, you may easily be interrupted and not return for a long time.

4. With old-fashioned open fires, a firebrick at back and sides can easily save a lot of fuel.

5. Start fires with wood coal, but keep them going or back them down with ash or with briquettes. The Ministry of Fuel and Power has an interesting leaflet or making briquettes from coal dust and cement or clay; why not ask for it?

6. Cinder always contain a good deal of burnable material and this is well worth sifting out and saving for the fires.

7. Keep our draughts! (See section on INSULATION.)

**Refrigerators**

1. Open the door as seldom as you can.

2. Let hot foods cool before they go into the refrigerator.

3. Use it only for perishable foods.

4. Set the temperature control at a low number.

6. The Ministry of Fuel and Power has a very interesting leaflet with pictures and diagrams called "LIG AND BLANK." Ask for it!

7. It is a mistake to think that lagging hot-water tanks makes them useless for airing. Sufficient heat will still be available for airing purposes.

"Keep the warmth in..."

1. You can save warm stores with less heat by letting in less heat escape through room, chimneys, and windows.

2. Batty fitting doors and windows can be made draught-proof by tacking strips of felt or rubber sealing round the edges to seal the cracks.

3. Floors should be fully covered with linoleum or carpet, with an underlayer of newspaper and so on. Cracks in floorboards can be caulked with plastic wood from the ironmonger. The gap between floorboards and skirting should also be sealed.

4. When fires are not used the flue or chimney should be blocked.

5. Heat rises. It escapes up stairs and through the ceiling into the attic. It can be stopped by laying insulation on the attic floor or between the joists. Ask the Ministry of Fuel and Power for the illustrated leaflet on "Artic Insulation."
HEAT PLAYS HAVOC WITH SHOE LEATHER

Your boots and shoes have now got to last you far longer than they ever did before, as leather and rubber are vitally needed for the Fighting Services. I am, however, anxious to help you to get more wear out of your footwear—with additional hints on how to clean and care for your boots and shoes.

The first point to remember is that any strong heat ruins wet shoes, so don’t dry yours close to the fire or on a radiator. When you sit by the fire and don’t have your feet close to the fire, change from your outdoor shoes into slippers or an old pair of shoes to reduce wear and tear on your serviceable footwear.

REGULAR CLEANING AND POLISHING are only important to keep the look but lengthen the life of your shoes. First remove dirt and dust, then rub a little polish well in to feed the leather and keep it pliable. If shoes are dry, use a little water and a soft brush. Sandals should be brushed after each wearing but not while they are still wet.

For heavy butter boots use dubbin, which preserves the leather and keeps it proof, but it will remove the shine. If you have two pairs of shoes wear them alternately. They last much longer this way as the “day off” gives the leather time to dry out thoroughly.

If you have no shoe trees for keeping your shoes in shape, stuff the shoes well with paper, but remember not to put shoe trees in wet shoes or rubber boots.

Perception ruins boots and shoes. Before using out in hot weather, sprinkle shoe powder sparingly inside stockings and socks or inside the boots themselves if stockings are not being worn. This will keep your feet cool and make your feet colder.

NEVER TRY TO FORGE YOUR FEET into a pair of indoor shoes that have not been cleaned or put on. If you do, they will become sticky and make your feet cold.

Go through your wardrobe

MAKE DO AND MEND

Some gas and electrical appliances have much higher operating costs than others. Here’s a guide to show you which are the greedy ones, so you can be extra careful not to use them for a second longer than you must.

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<td>Radio</td>
<td>20 hours</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>1 day</td>
</tr>
<tr>
<td>Electric clock</td>
<td>1,000 hours</td>
</tr>
</tbody>
</table>