

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.

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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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HOW TO DARN HOLES AND TEARS

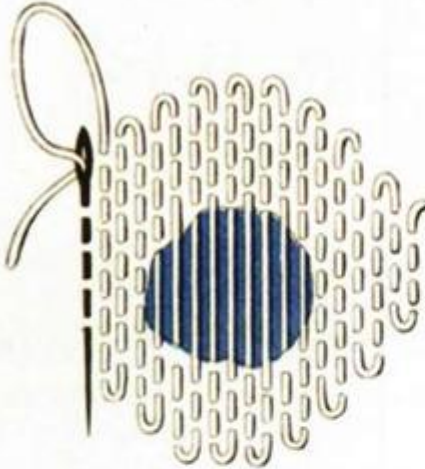
by Mrs. SEW-and-SEW



- 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.

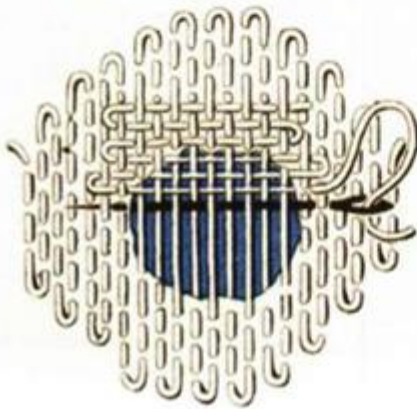
DARNING A HOLE

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 $\frac{1}{8}$ 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 reinforced 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. Schoolboys' 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.

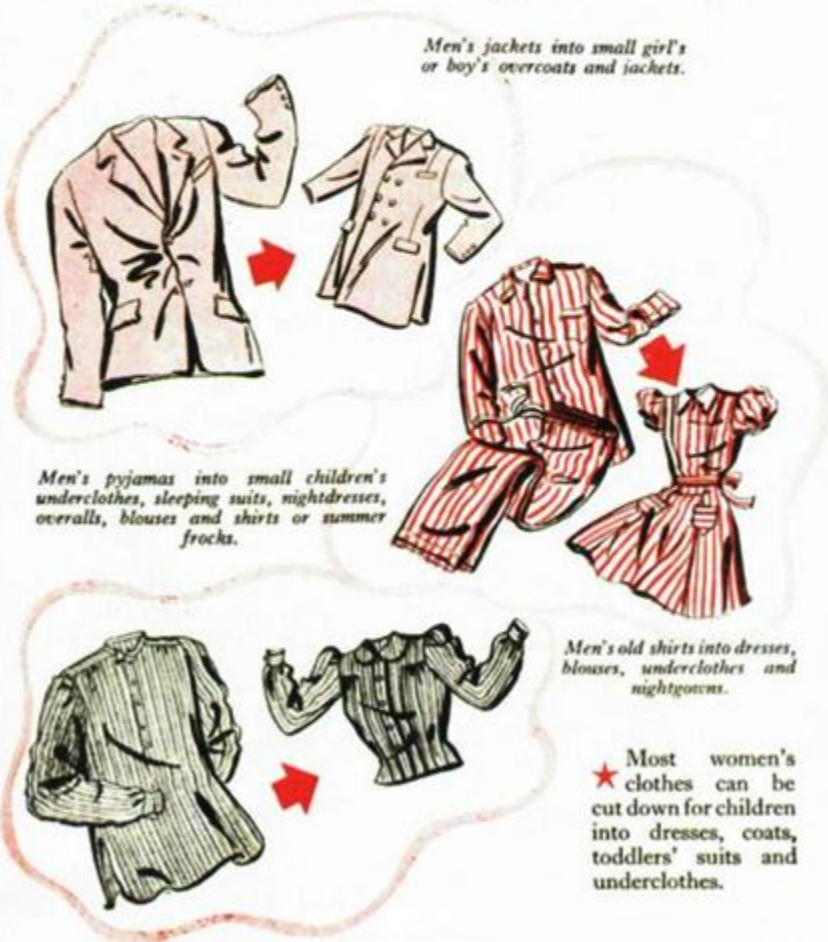
Always make and buy children's clothes on the big side.

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 jackets.

Men's pyjamas into small children's underclothes, sleeping suits, nightdresses, overalls, blouses and shirts 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, underwear, blouses, 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 grub that eats your clothes, not the moth itself. Look out for the little eggs and the white grubs that follow.



Give all woollen clothes a regular airing. Put them on a clothes hanger and let them hang for an hour or so out of doors. Then give them a good brushing or shaking. Look particularly underneath seams, cuffs, revers and turn-ups, and in side pockets.

Heat will kill moth eggs, so give your clothes a good pressing from time to time. Use a damp cloth between the iron and the garments, and as you press each section, whip away the cloth, substitute a dry cloth, and re-press to dry out the dampness caused by the first pressing.

Never store away soiled woollen material. The dirt acts like a magnet to moths. Examine all stored woollens from time to time, giving them the airing and brushing described above.

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

HOW TO WASH WOOL



NEVER BOIL

Never Boil Woollens—they should never be subjected to extremes of heat and cold, and should not be left wet longer than is absolutely necessary.

Wash quickly in a lather of soapuds. You don't need a lot of soap if you make sure that it is all completely dissolved. Separate woollen garments to remove the dirt—never rub or twist.



NEVER SOAK



NEVER TWIST

If you are washing hand-knitted garments, treat them with even greater care. NEVER WRING. After rinsing, wrap in a towel, and squeeze 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 ideal way to dry woollens is to lay the garment on a string hammock or on a cloth over a wire tray or on a roller towel fastened to the ends of two chairs.

IRONING. Press washing woollen fabric materials lightly on the wrong side when they are dry. Knitted clothes don't usually need pressing.

HINTS ON MENDING AND RE-INFORCING.

All woollen garments should be reinforced on the inside where they get hard wear—if they are new before you start wearing them. This will make them last much longer.

Once they become threadbare or develop a tear or a hole, the best way to mend them is to draw threads of the same material from a seam or hem, and darn with this. Holes can be mended invisibly by turning a patch from the inside of a hem, as much bigger than the hole as can be managed. Fray the edges of the patch and darn these frayed ends into the material round the hole. If only

a small patch can be managed, lay it underneath the hole and darn it with threads drawn from a seam.

Pockets and belts can often be used for patching and mending. Do not bother about matching the material, as it is quite fashionable these days to have patches of contrasting colours.

To re-foot knitted socks pick out a stitch with a knitting needle and pull gently to form a loop, then break the thread and gradually withdraw it all along the row. This will separate the foot from the sock portion. Then pick up the stitches and re-knit.

TO PREVENT UNNECESSARY WEAR

- ★ Don't carry a handbag under the arm of a coat or dress.
- ★ Sew a loose flap of soft material to cover the fasteners on the waistband of a skirt—otherwise the hooks catch in underclothes and tear them.
- ★ Sew a narrow strip of strong material inside the legs of trousers and slacks where they rub against shoes.

ALTERATION IDEAS

With light summer coats, a changeover can often be done by unpinning the facings and revers, adjusting the neckline and widening the coat up the centre front. The sleeves will probably need taking in a little.

You may have an edge-to-edge summer coat which will not quite join down the front. A narrow panel down the centre front will solve the problem. You may have a frock which has become too worn to be of any use as it is, or a blouse worn under the arms. You will probably be able to get enough material out of this to make the panel.

An old coat that is on the long side can be made into a useful two-piece dress and jacket, providing a fairly long blouse or jumper is available to make a top for the dress. Cut the coat round at hip level, and remove facings from the lower part. Join up the centre front seam and sew this new skirt on to lower edge of the blouse.



Then face lower edge of jacket. The original coat must be cut to correspond with the length of the blouse used, so that the jacket and matching part of the skirt just overlap.

Even if a woollen garment is really badly worn, there is bound to be enough good material left to make a jersey or waistcoat or even a wool blouse with a knitted yoke and sleeves made from an old uncoloured knitted garment.

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 swish it round in some warm soapy water. It is a good idea to tie the skeins 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 unravelling. Don't rejoin with knots, but wait until you knit the wool, then unravel the ends a little and roll two together.



Socks can always be refooted 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, cot-covers, babies' shirts.



★ ★ ★
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.

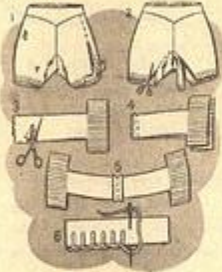


TO PREVENT A BAGGY SKIRT

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 from two old pairs—here's how to manage it. Usually it is the gusset that's worn—cut a new gusset from the good side of one pair (1) and take the old gusset out of the second pair (2). Diagrams 3, 4 and 5 show how to shape and join the new gusset, which should then be stitched into place. The new edges should be cut down and blanket stitched (6) closely on the wrong side to make this as strong as possible.



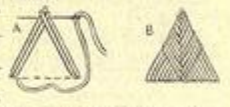
FRESHENING UP TACTICS



WHEN mending or re-making is not called for, a great deal can be done towards improving a garment by removing stains and bringing everything into shape. Grease spots are the most common cause of trouble and they can usually be got rid of by spreading a little fine powder over the spot, leaving it for a few minutes and then shaking it off. To make a success of pressing, hang all pleats first, press on the wrong side, except for tailored garments, and if there is stain to remove, use a very damp cloth and hot iron, but hot iron not usually on the material. Steam is most greasy so that the steam will penetrate well. Pressed clothes should hang at least a day before being worn—in order that they may "set".

Pleats Repaired

When a skirt tears where the pleats are set in, work an arrowhead over the tear. First strengthen with a piece of 2 1/2 in. or wide tape underneath. Then outline the required shape with tacking. Begin working at the bottom left-hand corner (A); take a small stitch across the top, then a large one at the bottom. Work top and bottom alternately until the arrowhead is complete (B).



To renew worn gloves

Gloves are apt to "go" first at the underside of the fingertips or in the palm. If small stars can no longer repair the damage, unpick the good leather backs and cut new undersides from thin felt or a few woollen fabric. Stitch together as before.

To keep a blouse within bounds

The blouse that won't stay put, inside a skirt, needs extra length—add a straight band of non-matching material, 3 in. wide, fold 1 in. below waistline (A). Or crochet on a matching band and wear it outside (B).



To give an old coat a fresh start

A shabby full-length coat can be smartened up simply by cutting it to the new hip length and shortening the extra material to make new collar and cuffs (if necessary) and a big patch pocket to hide a worn spot.



Decorative Elbow Patch

To make a really good job of patching a frock that's worn through at the elbow, you will need enough material for two V-shaped strips—one for each sleeve. This material can contrast rather than match, but if so, try to introduce it somewhere else to bind collar and pockets, or, even to make a bow for the neckline. Fold the material as (A) and cut as shown. Then stitch the strips on as (B). The actual hole underneath should be darned before the patch is put on.

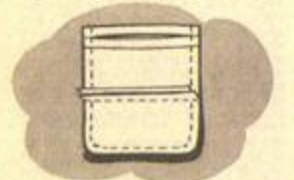


To keep pace with a growing girl

Last year's yoked frock can be enlarged by unpicking the skirt from the yoke, dropping it to waist level and inserting a contrasting band to make the lower part of the bodice. The bands of the same colour to enlarge the sleeves. The frock will still be too tight across the chest so insert a contrasting band from the waistline to the neck line.



Replacing Pockets



Usually it is the base of the pocket that is worn. To repair, make a new half-pocket from strong bits from the piece bag. Join it to the old pocket halfway up, instead of unpicking the neat tailor's finish at the top opening.

To give new life to a Pullover



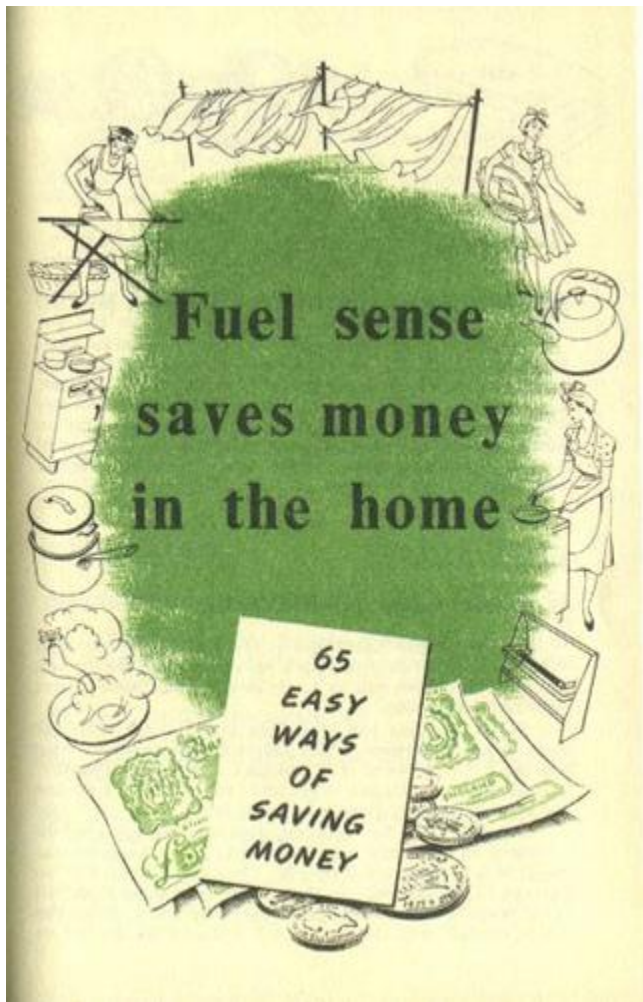
When the sleeves of a jumper begin to show signs of wear at the elbows, take them out and change them over—left to right, right to left. They'll then last much longer. Also reinforce by darned over a piece of net.

The SHAPE of your dress

The appearance of a frock or suit is often spoiled by an ill-fitting corset. Great care should be taken to keep these trim and well repaired. **TO TAKE IN A BELT.** A belt that has become too big for you because the rubber has perished, can be reshaped by making a strong seam down either side and down the centre of the back, or at the damaged point. Make the seam as flat as possible and cover with a piece of tape. **TO LET OUT A BELT.** Unpick two side seams and insert a piece of strong material in each, machining and neatening as for the rest of the belt, or if more convenient, open



centre back and insert a strip of strong material. **TO REPLACE CORSET ACCESSORIES.** If the elastic on the suspenders of a new pair of corsets is too short, lengthen it before you wear the belt by adding a short piece of tape, otherwise you may tear your stockings. If you lose the back portion of a suspender remember that a small fabric-covered button padded on a length of tape can be used to take its place. **MEMORO A CORSET.** Corsets should be mended directly they need it. Never use a safety pin in a corset or suspender belt—it will pierce and break the rubber threads. If you need a patch, take this from the good parts of a discarded girdle; but if the damage is not too serious, use a darn over a piece of net.



Fuel sense saves money in the home

65
EASY
WAYS
OF
SAVING
MONEY



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 worth any woman's while 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? Couldn't 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 parsnips?

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 them, 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 frying 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 convenient?

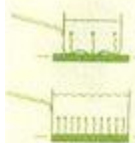
Then we must find out how to make the best use of what we've got. This little book is brim-full of really valuable ideas about this.

And we really *must* make sure that we are not simply pouring away our fuel-pennies because our hot-water pipes are not lagged, or because our rooms are draughty, and our attics 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 1d. worth of electricity that we can save between 8 in the morning and midday and between 4 and 5.30 in the afternoon is worth a good deal more money to British industry.

4



tage of one of the cooker's main features—is a thrifty way of storing up heat for you.

2 Two saucepans (particularly square ones) will almost completely cover one boiling plate, and they will boil as quickly as if you used two plates. Three or even four pans can simmer on one plate.

3 On boiling plates use utensils with flat bases and you'll save half your cooking time. That's big money saving!

4 With an electric cooker it is more economical to grill than to fry.

5 When grilling, use the top of the grill to heat a saucepan.

6 An electric kettle uses only about half as much current as a boiling plate, so boil water in it for cooking and then pour into the saucepans as required. For most cooking—but *never* for tea—you can fill the kettle from the hot tap and save time.

7 When using the oven for a pudding, cook the vegetables in a casserole in the oven, too, so saving current and dish-washing.

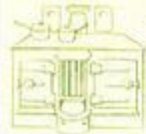
8 When no thermostat is fitted do remember to switch "low" when the oven is hot enough.



Cooking—with Solid Fuel

COMBINATION GRATES

1 Most people who cook with solid fuel have a combination grate. In one of the commonest the oven is beside the fire; in another it is directly over the fire. The illustration shows a side-oven type, but most of the controls shown in it will be found fitted to the other types, and nearly all the hints apply also to them.



2 **Damper Drill.** Closing the chimney damper (or pushing in the canopy over the fire) reduces the draught to the open fire and increases the draught to the oven flue. For cooking, half open the oven flue damper and close the hot-water damper.

6

How fuel sense saves money

Cooking with Gas

1 Be careful when using boiling rings—added 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 fitted-base kettle saves both gas and time.

4 As soon as what you are cooking boils—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 fry than to grill.

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

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

8 If yours is 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 advan-

5

For water heating, half open the boiler flue damper and close the one on the oven flue.

3 **Air Supply to Fire.** Most grates have a fret (like a sliding door) under the fire. Except when drawing up the fire just after lighting, keep this fret closed.

4 **Small Coal**—no bigger than walnuts—is best for both cooking and water heating, and slack on top of the fire prevents cold air from entering the flues.

5 Flues soon slow up everything and waste a lot of fuel if they are not cleaned regularly every week.

6 **Fuel Sense again!** Allow plenty of time, if you can, for the oven or water to become hot. When the dampers are wide open they use twice as much fuel as when they are half closed. Big savings can be made by fitting a fire brick on the blank side of the grate. Be careful, though! It must not cover the opening of a flue.

Cooking? Season it with Fuel Sense

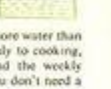
1 What about a steamer? With one of those two- or three-storied affairs and a spot of thoughtful planning you can cook a whole meal (say, a meat pudding, vegetables, and hot sweet) over a single burner or ring. Tastes better, too!

2 Of course, you always keep lids on saucepans when boiling vegetables, soup and stock, boiled puddings, fish, etc. Yet quite a lot of people forget!

3 Shredding or slicing vegetables helps you cook them quickly in very little water. Peas and carrots, or any root vegetables (including potatoes) can be cooked in one saucepan.

4 It is wise to avoid heating a drop more water than you must—and this applies not only to cooking, but to dish washing, clothes, and the weekly wash. Watch that cup of tea: you don't need a kettleful for that!

5 It's a messy job, but it does pay to give burners and hotplates a frequent going-over to remove every trace of grease and burnt food.



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- 6 Utensils are always kept clean inside, but many people don't realize that dirt or soot on the outside slows up cooking and wastes fuel. But you don't want a shiny base. Dull or black ones transfer heat more quickly to 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 sense and saving money.

Hot Water

- 1 Most water companies will correct dripping taps at short notice, either free or for a nominal charge. (A drip 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 wash-up in a bowl. Most sinks hold too much water; and they cool it very quickly, too. 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 Hours (8 a.m. to 12 noon and 4 p.m. to 5.30 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-coloured 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.

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



Housewarming



- 1 Turn on fires and radiators only when absolutely necessary—and 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 moments, do remember to turn off the 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 good coal, but keep them going or bank them down with slack or with briquettes. The Ministry of Fuel and Power has an interesting leaflet on making briquettes from coal dust and cement or clay; why not ask for it?
- 6 Cinders always contain a good deal of burnable material and this is well worth sifting out and saving for the fires.
- 7 Keep out 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.

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Ironing

- 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 an electric iron for one or two small articles is a most expensive habit. "Iron a lot while the iron's hot" is the rule.



Gas Pokers

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



Lagging

- 1 Lagging is BASIC fuel sense, because it can be done very cheaply or 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 most ironmongers, builders' merchants, and general stores.
- 3 At no cost at all you can improvise suitable material from (a) strips of old felt, (b) old carpets, (c) old blankets or quilts, (d) corrugated cardboard or (e) sawdust.



- 4 Remember that lagging should fit closely and—most important—that it should go on top of the tank as well as round the sides.
- 5 Hot-water pipes, both flow and return, between the boiler and cylinder or tank should be lagged, too.

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- 6 The Ministry of Fuel and Power has a very interesting leaflet with pictures and diagrams called "LAG AND RELAX." 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 indoors"

- 1 You can have warm rooms with less fuel by letting much less heat escape through roofs, chimneys, and windows.
- 2 Badly fitting doors and windows can be made draught-proof by tacking strips of felt or rubber beading round the edges to seal the cracks.
- 3 Floors should be fully covered with linoleum or carpet, with an underlayer of newspaper and/or felt. 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 fire 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 "Attic Insulation."



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How much does it use?

Some gas and electrical appliances have much bigger appetites for fuel—and money—than others. Here's a guide that shows you which are the greedy ones, so you can be extra careful not to use them for a second longer than you must.

ELECTRICAL EQUIPMENT

APPLIANCE	USES ONE UNIT IN:
Immersion heater	1 hour
Wash boiler	20 minutes
Sink storage heater	1 hour
Oven (on full)	40 minutes
Grill (on full)	1/2 to 1 hour
Boiling plate (on full)	1/2 to 1 hour
Fire (two bars)	1/2 hour
Fire (one bar)	1 hour
Kettle	1 hour
Toaster	2 hours
Electric iron	2 to 3 hours
Vacuum cleaner	4 hours
100-watt lamp	10 hours
60-watt lamp	16 hours
Radio	20 hours
Refrigerator	1 day
Electric clock	1,000 hours

GAS EQUIPMENT

APPLIANCE	CUBIC FEET PER HOUR
Multi-point heater	180
Bath geyser	150
Sink water heater (on full)	75
Wash boiler (on full)	40
Medium fire (on full)	30
Poker (on full)	25
Grill (on full)	25
Large ring (on full)	25
Oven (on full)	22
(average use)	10
Small ring (on full)	15
Ordinary gas light	5
Gas iron	5
Refrigerator	1



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ISSUED BY THE BOARD OF TRADE • MAKE-DO & MEND LEAFLET No. 2

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. This leaflet contains hints to help you to get more wear out of your footwear—with additional hints overlaid about the care of stockings.

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 fireside 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 not only improve the looks but lengthen the life of your shoes. First remove dirt and dust, then rub very little polish well in to feed the leather and keep it pliable. Always apply polish when shoes are to be put away for a time.

Soled shoes should be brushed after each wearing but not while they are still wet.

Use heavy leather boots use dubbin, which preserves the leather and keeps it waterproof, but it will remove the shine.

If you have two pairs of shoes wear them on alternate days. 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 they may stretch.

Perspiration ruins boots and shoes. Before going out in hot weather sprinkle dusting powder sparingly inside stockings and socks or inside the shoes themselves if stockings are not being worn, take off your shoes as soon as you get home and bathe your feet in cold water.

NEVER TRY TO FORCE YOUR FEET

into a pair of laced shoes that have not been loosened sufficiently or you will do permanent damage to the stiff backs of the shoes, and never take them off without unloosening them. See that the children don't get into this bad habit.



Go through your wardrobe



MAKE DO AND MEND



