

HINTS ON WASHING

MAKE DO AND MEND

UNPICK AND KNIT AGAIN

WHERE'S THAT MOTH?

DECORATIVE PATCHES

PREPARED FOR THE
BOARD OF TRADE
BY THE MINISTRY
OF INFORMATION

Price **3^d** net

C o n t e n t s

Foreword by the President of the Board of Trade

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With 29 line illustrations



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Foreword

First, I would like to thank you all for the way in which you have accepted clothes rationing. You know how it has saved much-needed shipping space, manpower and materials, and so assisted our war effort.

The Board of Trade Make Do and Mend campaign is intended to help you to get the last possible ounce of wear out of all your clothes and household things. This booklet is part of that campaign, and deals chiefly with clothes and household linen.

No doubt there are as many ways of patching or darning as there are of cooking potatoes. Even if we ran to several large volumes, we could not say all there is to say about storing, cleaning, pressing, destroying moths, mending and renovating clothes and household linen.

But the hints here will, I hope, prove useful. They have all been tested and approved by the Board of Trade Make Do and Mend Advisory Panel, a body of practical people, mostly women, for whose help in preparing this booklet I am most grateful.

Hugh Dalton.



Clothes have simply got to last *longer* than they used to, but only the careful woman can make them last *well*. If you want to feel happy in your clothes as long as they last, start looking after them properly from the very beginning. Here are some hints to help you.

Tips on taking care of clothes

1. Mend clothes before washing them or sending them to the laundry, or the hole or tear may become unmanageable. Thin places especially must be dealt with, or they may turn into holes.

2. Always change into old things, if you can, in the house, and give the clothes you have just taken off an airing before putting them away.

3. Don't throw your things down in a heap when you take them off; when they are still warm the material will crease. Brush them with a short-haired brush (a long whisk picks up the fibres) and shake them well. Then

hang them on hangers, making sure that the hangers are wide enough. A hanger that is too narrow will ruin the shape of the shoulder and may even make a hole. For skirts, cut a notch each end of the hanger to stop the loops slipping off.

Do up all fastenings before hanging clothes. This helps them to keep their shape. And see that the shoulders are even on the hanger and not falling off one side.

4. See that the wardrobe door shuts tightly, to keep out dust and moth.

5. Remove all stains at once, as

they usually come out fairly easily before they are set.

For grease use a hot iron on a piece of *clean* white blotting paper placed over the stain.

For all other stains try plain tepid water first, and then soap and water. If you still can't get the stain out, send the article to the cleaners, and put a note on it saying what the stain is.

6. Keep a look out for loose buttons and other fastenings, frayed but-

tonholes and split seams, and mend them at once.

7. It is best to wear clothes in turn, as a rest does them good. Shoes, too, are better for not being worn day after day.

8. Never let clothes get really dirty. Dirt injures the fabric, so clean or wash clothes when slightly soiled.

9. Use dress shields to protect clothes from perspiration, but don't leave shields in when putting clothes away for any length of time.

How to store clothes

1. Put away clothes in the condition in which you will want to wear them when you take them out again.

2. Make quite sure they are absolutely clean; dirt attracts clothes' moths.

3. Give clothes a good brushing and airing in the open air—in the sun if possible—taking care to turn out pockets and look behind collars and seams for dust and fluff and moth eggs.

4. Never store clothes in a damp place, or they may get mildewed.

5. It is well worth while to tack down all pleats, pocket openings and revers, and sew together buttonholes if you can spare the time.

6. Cover all shoulders on hangers with a collar of newspaper.

7. When folding clothes, put bunched-up newspaper between the folds to prevent creases.

8. Finally, don't forget all about the things you have put away, but give them a thorough airing, and examine for moth as often as you can.

The moth menace

From September to spring is the time when your clothes are in most danger from moths. It is the grub which eats the material, and although the moth lays its eggs mainly in wool, it sometimes lays them in other types of material. So keep a look out for moth eggs in all your clothes. If

you carry out the following suggestions you can be reasonably sure of keeping the clothes' moth away.

1. Moths like warm, dark cupboards—anywhere in fact, where they are not disturbed. At least once a month, more often if possible, beat, brush and shake your clothes well,

particularly woollens, and air them in the *sunlight* out of doors. Sun and air kill the grub.

2. Turn out pockets and look behind collars and in turnings for any signs of eggs or grubs. The eggs are each about the size of a pin-head. The grubs are whitish-yellow, about a quarter of an inch long when fully grown.

If there are any signs of moth, brush vigorously first, then iron with a *hot* iron over a damp cloth. Even if you

can't see the eggs it is a good plan to iron in this way. This is a particularly effective method for carpets.

3. When putting away clothes make quite sure there are no signs of moth.

4. Scrub out cupboards and drawers, being sure to get into the cracks and corners, and when you have put your things away seal up the drawer or cupboard as tightly as possible.

Garments needing special care

Boots and Shoes. Since boots and shoes are so important you cannot take too much care of them. Have them repaired as soon as they show signs of wear; in particular, never walk down the heels. You can get half-soles and toe-pieces put on, which will save you money and save the country leather. Take the advice of your repairer. Don't ask for the heel to be raised or lowered or extra pieces to be put on the top. This throws the shoe out of balance, and corns and callouses will probably result.

Regular cleaning and polishing prolongs the life of shoes by keeping the leather supple. Shoes should be put on trees or stuffed with paper as soon as you take them off because the leather is warm and supple then and can be coaxed into shape.

Never dry wet shoes near heat. A leather sole may be ruined in this way. Even if it looks normal, the fibres inside will have so deteriorated that it feels hard and brittle, and is scarcely recognisable as leather. Don't put trees in wet shoes or

they may stretch; stuff them tightly with paper, then leave them in a cool, dark place. Of course, sitting in front of the fire with them on isn't any better than putting them on the fender to dry!

Don't wear newly-repaired shoes out of doors in wet weather. If you give them a chance to "settle down" under dry conditions first they will last much longer. Don't wear coloured calf or glacé kid shoes in wet weather at all if you can avoid it. The wet may cause stains which are impossible to remove.

Perspiration ruins shoes, so in hot weather sprinkle dusting powder sparingly inside the feet of your stockings or, if you are not wearing stockings, inside the shoe. (The powder will help to protect your stockings, too.) In the case of feet which perspire excessively it is better to avoid patent leather and rubber footwear, which make the feet hotter. Change your shoes as often as you can and when you get home and take them off, put your feet in cold water. This helps to reduce perspiration the next day. Keep an

old pair of shoes at your place of work and change into them when you arrive.

Cleaning Shoes. When did you last wash your shoe brushes and polishers? Clean equipment will always get better results. First clean all mud and dust off the shoes. All reasonably strong leather shoes can be washed with soap and warm water, if you pack them first with rags or paper. But *never* wash rubber shoes with soap. Put on the polish very sparingly. Clean your shoes in the sunshine or warm the brushes by the fire before using them. The warmth will help to make a very little polish go a long way. Put the polish on overnight if you can, and leave it to soak in. This will feed the leather and you can get a much better polish in the morning. Rub a little polish well into your shoes before putting them away for any length of time. Then there will be less danger of the leather cracking.

Heavy Shoes. Stout walking shoes can be made more serviceable and *waterproof* if dubbin is used, but remember it removes the shine. Don't wear the shoes immediately afterwards, but give the grease time to dry, for *wet* grease may let in the water.

Rubber Boots. Keep rubber boots in a cool, dark place; strong light, particularly sunlight, helps to perish rubber.

Keep them clear of grease and use clean water to wash them, never soap. Grease, oil and fat or anything in the nature of petrol or benzine rapidly rots rubber. Try to get them repaired before the sole wears too thin, as they are difficult to mend if there is nothing for the new sole to grip.

Suede Shoes. Keep well brushed.

Wooden-soled Shoes. Never let wooden-soled shoes wear down to the wood; always have the leather reinforcement repaired in time. Your repairer will not be able to replace the wood.

Work Boots. Heavy work boots need daily care, to keep them pliable and waterproof. Remove clinging mud and earth, which causes them to deteriorate, and rub dubbin well into the uppers and sole. Apply while they are still wet, and again when they are dry. *Do not dry near heat.*

Why not exchange children's outgrown shoes? In countless cupboards throughout the country, children's shoes are lying idle, not because they are outworn but because they are outgrown. What a help it would be if mothers would pass these shoes on to a friend, whose child could wear them. Or perhaps the local school, welfare clinic or some local women's organisation may already be running a children's shoe exchange—or planning to run one. It's worth finding out, anyhow.

Corsets. Now that rubber is so scarce your corset is one of your most precious possessions. Be sure first of all that it fits. In particular, don't wear one too small, as this stretches the rubber and puts too much strain on it. Bones worn in the wrong place—either too high or too low—will break. The greatest enemies of rubber are sunlight and grease. Never let your girdle get really dirty. Wash¹ it frequently, and, if you possibly can, have at least two corsets, and wear them alternately. If you have one corset

¹ See page 15.

that you wear only on special occasions, wash it before you put it away again—in a cool, dark place, not in the hot cupboard. Wear corsets over a thin undergarment, rather than next to the skin, so that they are protected from grease and perspiration. Watch them for the first sign of cracking threads, and mend¹ at once.

Don't pull or stretch your corset any more than you must. A strong pull may be the quickest way of getting into a corset but it's hard on the material. Roll a boneless corset before you step into it, then unroll it over your hips. If the girdle has bones or rigid supports, ease it gently into place, first on one side, then on the other.

If your corsets are back-laced or front-laced you will find they wear much better if you loosen the laces when you take off the corset, and tie the lacing afresh each time you put them on.

Gloves. Frequent washing prolongs the life of washable gloves. Suede gloves can be kept fresh by daily brushing with a soft-bristled hat brush. You are lucky if you have glove stretchers for your skin gloves, but if you haven't you can still help them to keep their shape by gently pulling out the fingers when you take them off and putting them in a long box, or little drawer to themselves. *Never* roll skin gloves into a ball. Allow yourself the extra minute for getting into your best gloves the proper way—that is, fingers first and thumb last. Impatient tugs are fatal to well-fitting skin gloves. In very cold weather, hold them between your hands a moment or two to warm

the skins slightly; they will then be more supple.

Hats. Brush hats well before putting them away in a dust-proof box or on a cupboard shelf. Put the crown downwards; this preserves the shape. If you are storing them for some time, or they get wet, stuff the crown carefully with paper.

Knitted Garments. Never hang knitted wool or silk clothes, wet or dry. Store them flat in a drawer, and dry on a flat surface. Spread them out flat in the open air after shaking them gently, to air them.

Mackintoshes. Keep your mackintosh on a coat hanger, especially if it is made of oiled silk or oiled cotton. If not worn frequently, shake occasionally. Dry mackintoshes slowly, away from heat, and keep in a dark cool place.

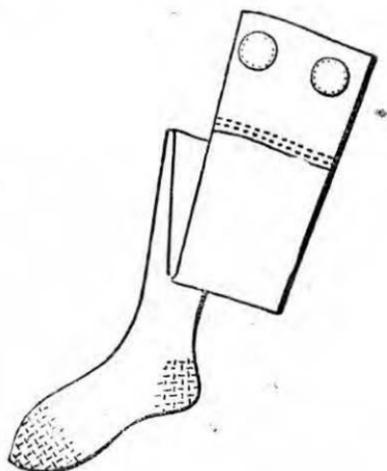
Rubber Aprons. Never allow grease or soap to remain on rubber aprons, and never pin them. Hang them in a dark place when not in use.

Stockings. Rinse new stockings through warm water before wearing them, and again after each wearing. You should use your precious soap for washing them only when they are dirty. You can wash them after your bath in the same water, using soap for the soles only. *Never iron.*

If stockings are too short, sew a piece of tape on the tops for the suspender to fasten on to; or lengthen with the top of another old stocking, or the suspender with tape or ribbon.

Strengthen new stockings before

¹ See page 13.



wearing them by reinforcing the heels and toes with widely-spaced shadow darning, and sewing two circular patches, cut from the tops of old stockings, on the tops where you clip your suspenders. Also run double rows of stitching round the tops of the stockings just above the join. When the foot is too worn to darn, a new foot can be cut from an old stocking and sewn on.

Ties. Keep flat when not in use or hang over a string fixed on the inside of the wardrobe.

Towels. Leave all the washing up, particularly china, to drain instead of drying it, so as to save wear on your tea towels. (But be sure to dry any tin things thoroughly and immediately).

If you haven't a towel rail, put

loops of tape or any odd scrap of material on the corners of your towels and hang them up on a hook in the bathroom when they aren't being used. Hanging a towel up by its corners without a loop is a certain way to wear it out.

A towel that is left damp picks up dust and gets grubby far quicker than a dry one, so put the family bath-towels to dry during the day. If there is nowhere else, fix up a line of strong string near the boiler and hang them there. Or, in the summer, hang them out on a line in the garden.

If you have to go away to stay take your towel with you.

If you are a billetee you must provide your own towels.

It isn't fair to expect the housewife to be the only one who gives up her coupons. Everyone in the household must contribute coupons when new towels are needed.

If you live permanently in a hotel or a boarding house you must contribute your share to the proprietor if new towels have to be bought.

Take your towel with you to the office.

Take your towel with you to the hairdresser.

Buy a new towel only when absolutely necessary. Make do and Mend whenever you can.

Trousers. Fold carefully in their proper creases every night. Sew a piece of tape or odd piece of material or leather inside the bottom of each leg where the shoe rubs, to prevent it wearing thin.



A stitch in time now saves not only extra work in the end, but precious coupons.

General Hints

1. Reinforce weak places at once; for instance, elbows, underarms, the seat and crutch of knickers and trousers, particularly children's, and any other part which bears a lot of strain or gets rubbed. Cyclists who wear trousers would be wise to reinforce the knees and seat of their trousers. Any odd pieces of fairly light-weight material will do for this. It is amazing how much longer clothes reinforced in this way will last.

2. Always carry a needle and cotton and mending silk with you—this will save many a ladder in stockings or prevent the loss of buttons; your friends will thank you, too. How many times have you heard someone say, "Has anyone got a needle and cotton?"

3. Look over all clothes and household linen to see if they need mending, before washing them or sending them to the laundry or dyers and cleaners.

4. Save all tapes, ribbons, pieces of elastic, hooks, eyes, press fasteners, buttons and trimmings from old clothes.

When finally discarding clothes that have gone too far to renovate, be sure to cut out any good bits of material to put in your piece bag; pieces of stockinette and old corsets in particular are invaluable for patching other garments of the same type. Odd scraps of thick wool can be unravelled for darning. Be sure to have a well-stocked work basket with all the coloured cottons and mending materials you might need.

5. If you can't match the material of the garment make a decorative contrasting darn or patch in the places that show. In places that don't show never mind what colour it is as long as it is mended.

6. Watch for thin places, especially in the elbows of dresses, seams

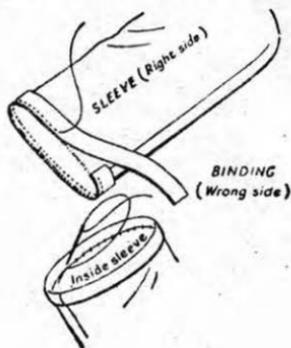
of trousers, heels of socks and stockings. Reinforce a thin spot with a light patch on the inside. Choose material that is strong but rather lighter in weight than the original material. Scraps of net darned lightly inside thin heels of stockings make an excellent repair.

7. If you have to patch or darn and have no matching material or

thread, sacrifice a collar, belt or pocket if it is merely ornamental, or unravel a thread from the seam. You could unravel the pocket of a knitted garment to provide thread for a darn, and a patch made from a matching belt may save a frock from the bits and pieces bag. You can replace the belt with one of contrasting colour.

Mends for all purposes

Binding for Frayed Edges. When edges have frayed too far to be turned in and you have no matching material, bind with something that tones or is a direct contrast. The frayed edges of towels, pillowcases, table cloths and table napkins, as well as of clothes, can be most attractively repaired with coloured bias binding. You can get smart and hard-wearing binding for heavy cloth from the gauntlets of old leather gloves, the fingers of which have worn out. Cut round and round the gauntlet in a spiral, taking care to keep the width the same all the way round, and you will have a bias effect. Place the right edge of the binding to the right edge of the frayed part. Machine or back-stitch above the frayed edge. Turn



the leather over on to the wrong side and slip-hem with upright stitches about $\frac{1}{8}$ th inch deep and close enough to grip both materials firmly.

DARNING HINTS

1. Unravel threads from seams and hems to darn cloth materials.



2. Use an irregular shaped darn to distribute the strain of pulling threads.

3. Never darn with extra thick thread because you think it saves

time. It will merely tear the surrounding fabric, and you'll have a bigger hole and the darn to do again, besides making it bulky and possibly uncomfortable.

4. Use thick needles for heavy materials and thin ones for light materials. Keep them sharp and rust-free by rubbing on emery paper or a cinder, or by sticking them in a pin-cushion stuffed with sand when not in use.

5. Don't draw the thread tightly. Leave a tiny loop at each end to allow for stretching.

6. Always use thread of the same material as the garment—wool for wool, silk for silk and cotton for cotton.

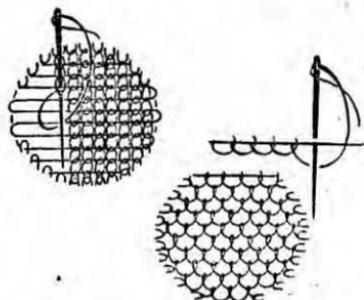
7. If you use a mushroom, be very careful not to stretch the material over it, or the mend will be bulky.

Linen Darn. Thread for mending cotton and linen articles is sold in different thicknesses. If you possibly can, get the right one for the texture of the article you are going to mend. Darn from at least $\frac{1}{4}$ inch outside the hole all the way round. When the hole and thin parts are covered, turn the article round and darn the other way.

A particularly neat and easy darn can be made on articles which are used only right side up, such as pillowcases, table cloths and table napkins, by lightly tacking a scrap of net over the hole on the wrong side, and darning in and out of it on the right side. Trim away the surplus edges on the wrong side after darning. This type of darn can be used for any kind of plain material where invisible mending is not essential.

Stocking-web Darn. This is a method of mending stockings, and machine-

and hand-knitted garments. Stretch the hole gently over an embroidery frame or mushroom darning. Darn matching thread *across* the hole as



evenly as possible. Starting at the top, and catching up the looped stitch on the edge of the hole, work a row of chain-stitch down the bars of thread, with either a darning needle or a fine crochet-hook. Finish off securely at the bottom and repeat until the hole is filled. Press with a warm iron. A similar darn can be made on horizontal bars of thread with buttonhole stitching.

Holes. Most small holes can be dealt with by darning¹ and large ones by patching² in one of the ways described here. When mending moth or burn holes, remove the damaged fabric, and in the case of moth, be sure to treat the garment to rid it of the eggs.

A woman's woolly jumper, or silk blouse or frock that has a lot of small holes while collar, cuffs and under-arms are still in good condition, can be repaired decoratively by embroidering small flowers or other designs in wool or silk over the holes.

To mend really large holes in hand-knitted socks or jumpers, pick up enough stitches round the hole to give a good margin and then knit a patch on the right side. Sew it down

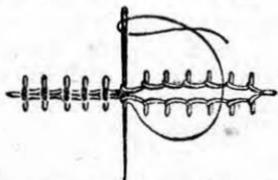
¹ See page 9.

² See page 11.

with matching wool or silk on the right side and either trim away the ragged portion on the wrong side or darn it into the garment.

Ladders. Catch the loop of the running stitch immediately. To mend, turn the stocking to the wrong side and fold flat along the ladder. Run with thin matching silk, well below the ladder, up one side and down the other, making certain to secure the loops at the top and bottom. Neaten by over-sewing lightly. Ladders in lock-knit garments are best repaired with stocking-web darning.¹

Straight Tears. Tack the edges together over a piece of paper and join with a one-way darning stitch. To



mend a straight tear in a glove, suède jacket or fur coat, buttonhole along each side of the tear and then join the buttonholing by sewing the knots together. Work on the wrong side of fur. This is suitable also for joining lock-knit seams.

Three-cornered Tear. Draw threads from the seams of the garment and darn over the edges in the ordinary way. If the tear is a large one, with frayed edges, tack it first over a piece



¹ See page 9.

of paper with the edges as close together as possible. The darn will be almost invisible. On heavy material, back the mend with a piece of strong fabric.

PATCHES PLAIN AND FANCY

Frayed and Darned Patch. Use this patch to mend invisibly coarse-threaded, good quality, plain materials. Cut a patch of matching material one inch larger all round than the hole or thin place. Lay the patch on the right side of the material with its centre over the centre of the hole and the threads running the same way as those of the garment. Tack diagonally to within an inch of each corner. Fray the edges of the patch. Weave a darning needle into the garment in line with a frayed thread, thread it with the frayed end and draw it through. Do this with all the frayed threads. Trim off the ends. Cut away the old material on the wrong side close up to the darning, and press. Line the patch if it is on a part of the garment that gets stretched.

Decorative Patches. When you can't get a patch to match the cloth, make your mend as decorative as possible. Apply the patch on the right side of the cloth with some fancy stitching, such as feather-stitch, herring-bone or buttonhole, and let the patch be a sharp colour-contrast to the original material. Give it a fancy shape; for instance, you can hide a worn elbow with a diamond or heart-shaped patch, and add a pocket of the same material on the bodice or the skirt, to make it look intentional.

Children's rompers and coloured leggings and trousers, and even

women's coloured trousers can be mended with this Dutch patch effect. Don't forget that old skin gloves and the good parts of worn ones, and of



worn leather belts will provide hard-wearing and smart patches for heavy materials.

Patterned Material Patch. You can use this patch for all patterned cottons, linens, rayons and silks. If you are not using a piece of surplus material from the garment itself, wash the new material till it matches the garment. Cut the patch big enough to cover the hole and worn material plus $\frac{3}{8}$ inch all round. Turn in $\frac{3}{8}$ inch on to the wrong side, and tack. Put the patch on the right side of the garment, matching the pattern, and with the hole under the centre of the patch. Tack, and then oversew lightly round the patch. Cut away

the worn material on the wrong side right up to the patch turnings. Neaten by blanket-stitching the two turnings together.

Stocking-web Patch. Patch woven clothes with pieces of the same type of stretchy material, using the stocking-web patch. Cut a patch large enough to cover the hole and surrounding thin parts, and tack it on the right side without turning in. See that the thread of your patch runs the same way as the thread of the material. Now herring-bone all round. Trim away ragged part of hole on the wrong side, leaving an edge of about $\frac{3}{8}$ inch, then herring-bone all round.

Stote-stitched Patch. This patch is suitable for all woollen materials. Cut away the worn part, leaving a straight-sided hole. Snip the corners diagonally for $\frac{3}{8}$ inch and fold back on to the wrong side. Tack the edge of the hole over stiff paper. Measure the sides of the hole exactly, then cut a patch $\frac{1}{8}$ inch larger all round to allow for turnings, and to match the pattern of the garment, if it is made of patterned material. Snip the corners $\frac{3}{8}$ inch down, flatten them and turn in $\frac{3}{8}$ inch on wrong side all round. Place the patch in the hole—it should fit exactly—and tack it on to the paper. Stote-stitch all round the patch, using fine matching silk. Repeat in the opposite direction. Neaten the wrong side by overcasting or herring-boning. Press on the wrong side.

Underarm Patch. To avoid a bulky patch where seams cross, such as underarms, unpick the seams and cut away all the ragged and thinning material. Cut your patch, using the old pieces as patterns, leaving turn-

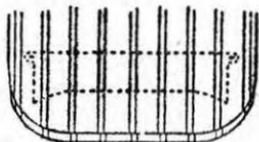
ings all round. Then seam the pieces of the patch together and apply on the wrong side. In this way you will avoid having a ridge or fold in the patch where the seams crossed before.

Plain Patch. Apply a patch, large enough to cover the hole and sur-

rounding thin parts, on the wrong side. Hem all round. Snip up from each corner of the hole on the right side, and trim away any ragged edges. Turn in $\frac{1}{8}$ inch and hem all round. Use this patch for all garments and household linen made of unpatterned material.

A.B.C. of mending

Collars. Mend frayed single collars as for *Cuffs*, and double collars as for *Trouser Turn-ups*. New collars for shirts can be cut from the tails.

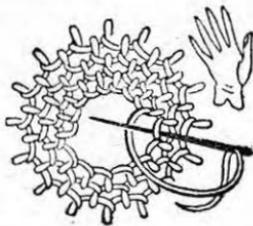


Corsets. It is specially important to mend corset girdles as soon as they need it. Never "mend" a tear in a corset or suspender belt temporarily with a safety pin. It will pierce and break the precious rubber threads. See that the needle you use is quite smooth and the thread not too fine. Cover $\frac{3}{8}$ inch of the good material all round the frayed part with the patch or darn. Use a linen darn,¹ over net if possible, or a plain or patterned patch,² according to the type of material. You could get your patch from the good parts of a discarded girdle.

Cuffs, Frayed. To mend single frayed cuffs, turn the sleeves inside out, and unpick the hem. Remove any fluff that has collected there. Fold and tack a narrow tuck on the wrong side, just wide enough to take

in all the worn edges. Then machine or back-stitch. Press well and turn up cuff so that the tuck comes $\frac{1}{8}$ inch inside the sleeve edge. Press again and replace lining, folding it far enough to prevent it showing below the sleeve edge. To mend *Double Cuffs*, see *Trousers*.

Gloves. See *Straight Tears*. For *Round Holes* button-hole stitch round and round from the edge until the hole is completely filled, being careful to take up the loop of each stitch in the previous row.



Knitted and Woven Garments. See *Stocking-web darn* and *Stocking-web patch*.

Lace. Tack a lace patch on the wrong side, hem all round the hole with stab stitch on the right side, then cut away the ragged edges underneath. If you cannot get a match or a nearly matching pattern, use plain net of a similar mesh and embroider a pattern on it to match.

¹ See page 9.

² See page 11.

Mackintoshes. Lay the torn part of the garment, right side downwards, on a flat surface. Lightly cover with rubber solution the right side of a bicycle patch or a patch of good material from a discarded rubber article. Then, holding the edges of the tear as closely together as possible, apply the patch right side downwards, being careful to keep it flat and unwrinkled. Leave under a heavy object for an hour or two. If the edges of the tear will not come together, put the patch on the *right* side of the mackintosh. Sometimes it is possible to buy an adhesive fabric which can be pressed on to the tear with a warm iron.

Rugs. Pull away loose threads from the worn parts, and fill up the holes by looping with matching threads through from the back with a rug hook.

Sheets. Repair small holes and thin places with a linen darn.¹ Mend large holes with a plain patch. When sheets are thin in the centre, cut them in half lengthwise, turn sides to middle, and run and fell on the wrong side. Then tack and hem the sides. If the sheet is actually worn in the centre, the worn parts must be trimmed off. A double sheet may then be too small for a double bed, and can be used for a single one. Single sheets that are too small can be used for cot sheets or cut up for tea towels. The very finest parts of good linen sheets can be made into men's handkerchiefs or used to patch men's underwear.

Stockings. See *Darning and Ladders*.

Tablecloths. Trim worn edges and re-hem, or bind with matching or contrast binding. If thin in the folds,

¹ See page 9.

remove an inch or so from two edges, and re-hem. The folds will then come in a different place and get less wear. If they are too far gone for this, reinforce on the wrong side with strips of cotton or linen. If you have a spare tablecloth, cut it up and use it for towels.

Towels. Darn the smallest hole or thin place as soon as it appears. Reinforce thin places with machine stitching. Cut very large bath towels in half to make two smaller ones. Repair ragged edges by trimming them off and re-hemming.

Make one usable towel out of two badly worn ones in this way. Put them together, one on top of the other so that the holes don't correspond. Then run the two towels together round the four edges and do criss-cross stitching backwards and forwards all over the towels. You'll find when you've finished that you have a good strong towel with plenty more wear in it.

Trouser Legs, Frayed. Unpick the hem inside the leg and turn it down. Press the turn-up out flat and make a new crease about $\frac{1}{4}$ inch above the old one which formed the top of the turn-up. This $\frac{1}{4}$ inch is to allow for turning the frayed bottom edges to the inside of the leg, and more or less depth must be allowed according to the depth of the frayed part. Turn the hem up on the inside so



as to make the turn-up the same depth as before. Press out the old crease under a damp cloth.



Possibly you have your own well-tested methods for washing and ironing. On the other hand, you may now be washing things you used to send to the laundry or materials that you did not buy before the war.

General hints

1. Collect as many clothes of the same material as you can to wash together so as to save soap.
2. Wash the least dirty things first. Separate any very badly-soiled clothes, such as workmen's overalls, and wash them by themselves.
3. Don't attempt to wash at the same time articles of different materials requiring different treatments.
4. Never wash coloured articles with white ones; wash the same colours together.
5. If you are not sure that the colour is fast, wash as quickly as possible, keeping the article on the move in the water all the time, and dry it well away from other things.
6. Unpick hems of dresses before washing in order to allow for shrinkage, and to prevent the old stitches and hem forming lines that cannot be pressed out.
7. Never dry coloured materials in strong sunlight, as it bleaches them when they are wet.
8. It is not safe to leave any articles bunched together when wet. This is especially true of coloured things and rayons; the former may run, and the latter get creases that are hard to remove.
9. Remove any fastenings which are likely to tear the garments or to leave rusty marks.
10. Look in pockets for metal objects, coloured handkerchiefs and any other articles which may have been forgotten. Shake out all the dust. Remove all shoulder pads.

11. If you are uncertain whether a material will wash well, and have no spare piece to test, tie a piece of tape firmly round one corner of the least conspicuous part. Wash in warm soapy water, remove the tape and iron according to instructions for that particular material. You will at once see whether the colour runs or the fabric is likely to be spoilt in any other way.

12. If any article is of mixed materials, wash and iron it as instructed for the most delicate fabric.

13. Never leave damp clothes for days wrapped up before ironing them. The whole process of washing and ironing should be done in the shortest possible time.

SOAP-SAVING IDEAS

1. Use soft water or rain-water wherever possible. Water can be softened with a few drops of liquid household ammonia.

2. Save all scraps of soap left in soap dishes and when you have, say, half a pint, add half a pint of boiling water. Add, when cold, to washing water.

3. If you have no soap flakes, shred soap finely into boiling water, and then add enough cold water for your purpose.

4. Put very dirty clothes to soak in semi-dirty water left over from washing and rinsing lightly soiled ones.

How to wash each material

BLANKETS

Wash as *Woolens*. Hang the blankets with the stripes vertical and shake occasionally. Try to dry blankets on a warm, breezy day.

CORSETS

Frequent washing is good for corsets, but they should never be rubbed with a cake of soap, nor two parts of the garments rubbed together. Neither should they be left to soak. Before washing close zip fasteners, but open all metal clips and suspenders. Then press in a few soap flakes where the garment is most soiled, rub gently, and wash, right side out, in two or three lots of lukewarm soapy water by squeezing gently. Another

method is to brush with a soft nail brush under the soapy water. Rinse two or three times in lukewarm water until every sign of soap has gone, and roll the garment up in a towel to absorb the moisture. *Do not wring*. Hang to dry lengthwise on a line, away from fire and radiators. Never dry in the sun or strong light. Corsets should not be ironed, for they are fitting garments, and the fabric will soon take on its proper shape again.

COTTONS AND LINENS

1. Avoid bleaching, which is an expert's job. Hang in the sun to dry instead.

2. Separate whites from coloureds. Only the *whites* may safely be boiled.

3. Make a lather of soap in hot water, and be sure all particles of

soap or powder are dissolved. This is very important.

4. Squeeze firmly in the suds, rubbing the very dirty bits with soap.

5. Rinse thoroughly to get all soap out and dry whites in the sun until only slightly damp.

6. Put coloureds in the same suds, except any that are likely to run. These must be washed separately.

7. Rinse thoroughly and dry in the shade.

8. All cottons and linens should be ironed slightly damp with a fairly hot iron.

GLOVES

1. Make sure the gloves really are washable. Chamois leather, woollen, string or cotton can all be washed, but never suède.

2. First try rinsing leather gloves in plain warm water as this will often get them clean. If not, wash them in warm, soapy water.

3. Put all gloves on your hands to wash them.

4. Rinse thoroughly and blow out the fingers when you put them to dry.

5. Never put leather gloves near a fire or radiator. This will crack them.

6. Put the gloves on your hands occasionally while they are drying to keep their shape.

LACE

Soak white and cream lace articles in cold water for an hour, squeeze gently in lukewarm soapy water, rinse in tepid water and then in cold. Squeeze, do not wring. Iron when semi-dry under a cloth on the wrong side.

RAYONS

There are many different types of rayon. The following instructions refer to the most delicate. Remember to use soft water if possible.

To Wash Rayons

1. *Never* use very hot water, and be sure all soap is dissolved before putting in rayon articles.

2. Take off your rings, bracelets, etc., and see that sharp covered buttons or fasteners do not catch the material, and that they are not pressed into it.

3. Wash out very dirty marks first, then squeeze the clothes gently in a small amount of soap worked up into a good lather. Never leave to soak.

4. Never treat roughly, rub or twist; dirt stays on the surface of rayon, so hard rubbing is unnecessary.

5. Rinse *very* thoroughly till there are absolutely no traces of soap.

6. Gently squeeze out the water with a towel; don't twist or wring.

7. Spread rayon out to dry in the shade so that the weight of the garment is evenly distributed. For instance, hang dresses over a line by the waist. Pegging may permanently mark the material.

8. Never dry near artificial heat or in sunlight. In particular, never hang rayon stockings over a radiator or hot pipe.

9. Printed rayons especially must not be left bunched up. Put them to dry spread out at once.

To Iron Rayons

1. *Never* use too hot an iron. Test the iron by standing it on a pad of paper. If a scorch mark shows with-

in fifteen to twenty seconds the iron is too hot.

2. Always iron on the wrong side, and iron only one thickness at a time.

3. Carefully pull the garment into shape before starting to iron.

4. Make sure seams are pressed quite dry or they may contract and pull the garment out of shape.

5. Never iron stockings.

6. Never sprinkle rayons, as it makes them look patchy. If the material has become too dry, re-wet and dry again.

7. Be careful not to press buttons and other fastenings into the material.

Dull and Suède finish rayons should be ironed nearly dry but be sure they are *evenly* dry.

Georgette. This contracts considerably when wet. Iron when almost dry on a well-padded board, stretching gently. Iron once along the weave and then across the weave. This helps to restore the original measurement.

Knitted Rayons. Iron when almost dry across the way of the stitch to prevent them stretching.

Marocains should be ironed fairly damp. Stretch the fabric gently both ways as you iron.

Satin. Iron on the wrong side when almost dry, and then finish very lightly on the right side.

SILKS

Wash and iron as for artificial silks, but the iron may be a little hotter.

Shantung and Tussore. Wash as for rayons, but iron bone dry.

Stockings. See *Rayons*.

Taffeta. See *Satin*.

VELVET AND PLUSH

Wash as for rayons but handle as little as possible and hang dripping wet to dry. Smooth pile with a soft cloth while drying. It is quite a good idea to dry velvet in the bathroom when it is steamy from a bath.

WOOLLENS

1. Use little soap but work up a good lather, making sure *all* soap is dissolved and using soft water if possible, preferably rain water. Use best-quality rationed washing materials, preferably soap flakes.

2. Wash each garment separately, the lighter colours first.

3. Never soak woollens.

4. Never boil. Use warm water and squeeze gently in the suds. Don't lift them out of the water when you are washing them.

5. Never *rub* or twist. Rubbing shrinks and felts wool.

6. Rinse thoroughly and lift the whole of the article out of the water at once, gently squeezing all the time, so that the weight of the water does not stretch it.

7. Roll woollens in a towel to absorb any remaining water before laying them flat to dry.

8. *Never* hang woollen clothes, or they may stretch.

9. Most woollens don't need ironing. If they do, *press* them on the wrong side with a warm (not hot) iron when nearly dry, gently pulling them into shape as you press.



No material must lie idle, so be a magician and turn old clothes into new. For major alterations there are many good renovation patterns on the market. Many other ideas will suggest themselves to meet special circumstances. Here are some suggestions for the home dressmaker.

Tips to Save You Time and Trouble

1. First of all make quite sure the clothes cannot be worn as they are, with perhaps a little darning or patching. Don't waste precious time just for the sake of making something new and different.
2. If you decide that the garment is quite unwearable, unpick it completely and with patience in order to salvage every inch of material; then wash it or send it to the cleaners. If the material is faded or patchy have it dyed a darker colour.
3. Remember the material has already seen some years of use, so treat it gently.
4. If you particularly like any part of the garment such as the sleeves or neckline, make a paper pattern of it for future use.
5. Before cutting out the new garment hold the material up to the light and note any thin places or holes. Tack round them with contrasting coloured thread so that you can avoid them when laying out the pattern.
6. Unless you are an expert never attempt to cut out without using a pattern.
7. When you choose a pattern be sure the size conforms to your *up-to-date* measurements.
8. Measure yourself or the child for whom you are making something new to make quite sure the pattern will fit; don't just chance it.
9. Don't cut down grown-up's clothes to make clothes for the children, which they don't really need, just for the sake of making something new for them.

10. Make very large hems and turnings in children's clothes to allow for growing. Also make tucks across the shoulders and at the top of the bodice so that the shoulders can be widened, or the frock or coat let down later.

11. Measure your neck, waist, hips, length from neck to waist, and from waist to the hem line (back, front and sides), round your wrist and down your arm from shoulder to wrist, *with your elbow bent*. (Sleeves that drag at the arm-bend wear thin at the elbows.)

12. Whatever you do, leave enough turning. You need larger turnings for materials that fray easily than for closely-woven ones.

13. Be very careful about mixing materials. A plain washing frock

and a patterned one that are partly worn may make one new dress, but be sure the colours are reasonably fast. Wash scraps of them together to test them first. Don't mix together materials that require different washing treatment, nor a very heavy material with a flimsy one.

14. When cutting down a large garment such as an overcoat, don't attempt to make each part smaller. Unpick the whole thing, lay the pieces out flat and cut according to your new pattern.

15. Remember that even the smallest scraps left over from your renovations will come in useful for something—patching, tea-cosies, coverings for buttons, hanging loops, binding for buttonholes, trimmings, kettle holders, polishers, and so on.

What's in your wardrobe?

There are almost endless possibilities to be considered once you start looking at old clothes with the idea of remodelling them.

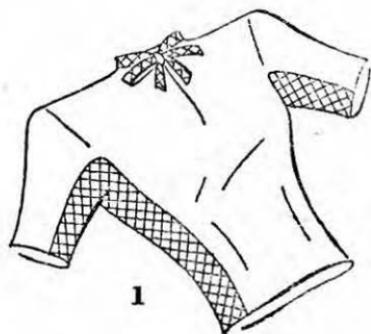
BLOUSES

Worn Underarms. Renovate a blouse that is worn under the arms by letting in a broad band of material in a contrasting colour under the arm, reaching from sleeve to waist (1). Or give the blouse a new yoke, starting it from just under the arm and taking in the damaged section (2). Whichever method you use, add a trimming of the same colour at the neck, waist or

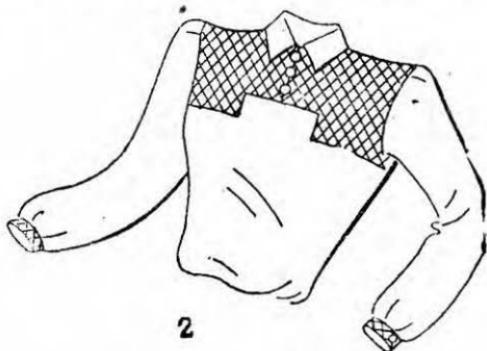
on the sleeves, so that the repair appears as part of the design or colour scheme.

Worn Elbows. Turn long sleeves into short ones if the elbows are worn out, or patch with a decorative patch. Save the best portions of the lower sleeve for "running repairs."

A Too-short Blouse. Have you any blouses which you scarcely ever wear because they are too short in the waist and work out of the top of your skirts? Bring them out, and add a deep band of near-matching material all round (3). Or you can make a crochet band.



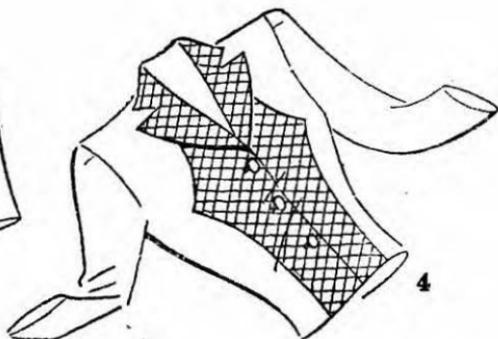
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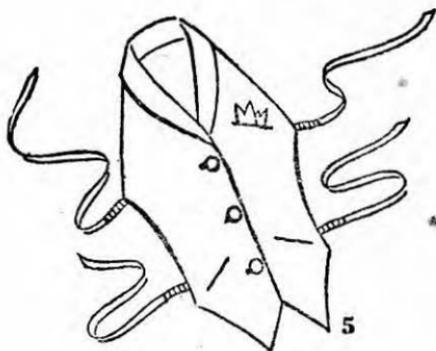


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4

A Too-tight Blouse. Open the front of a blouse which has become too tight, and put in a contrasting button band, complete with collar (4). Or, if it has long sleeves, make them short, and use the material left over for your button band.



5

Blouse Fronts. Often you will find, after cutting away the worn back and sleeves of a blouse, that you are left with a perfectly good front that you can wear under a jacket or coat frock. Attach tie strings under the arms and at the waist to fasten it in the middle of the back. If you can spare a few inches of elastic to let into the ribbon or tape, this will give you a little play (5).



Blouses from Oddments. You can make new blouses from a large patterned scarf square, the best parts of a man's shirt, and from coloured and fancy linings of discarded garments (6). Smaller pieces of material will make backless fronts. Give them collars, or fasten with bands buttoning at the nape.

CHILDREN'S CLOTHES

Since children often grow out of their clothes long before they are badly worn, mothers would probably often find it more economical to exchange clothes than to cut down an older child's clothes to fit a younger. Material is always lost in this process. When exchange is impossible, try some renovation ideas.

A Too-small Frock. Take the bodice off the skirt, open it down the front, and convert it into a bolero to wear over the skirt with a blouse or jumper.

A Too-short Skirt. Add a band of colour at the hem, or a series of bands alternating with the material. If the

shoulders are too narrow, give the frock a new yoke of a contrasting shade.

Enlarging a Frock. To convert a yoked frock for an older child, unpick the skirt from the yoke, drop it to the waist, insert a band of contrasting colour to form the lower bodice, and bands of the same colour to widen the shoulder.

CUTTING-DOWN FOR THE CHILDREN

Here are ideas for turning grown-up's discarded garments into children's clothes, once you are certain that they are past converting for their owners.

Bathing wraps can be made into children's dressing gowns.

Grey flannel trousers will make children's knickers and skirts.

Mackintoshes will cut down for a child's waterproof coat or cape with pixie hood to match.

Plus-fours would make two pairs of shorts for a schoolboy.

Pyjama legs will make children's vests.

An old skirt will make one pair of knickers and a little play-skirt for a seven-year-old.

Vest and combination tops will make bodices on to which a little girl's skirt or a small boy's knickers will button.

Washing-silk dresses make up into gay pyjamas for children.

Woollen stockings with worn feet can have the legs opened down the back seams and can then be made up into an infant's jersey. Bind it with ribbon at neck, sleeves and hem.

COATS

A New Shoulder Line. Give new life to an old coat with a sloping shoulder line by inserting pads to raise the shoulders.

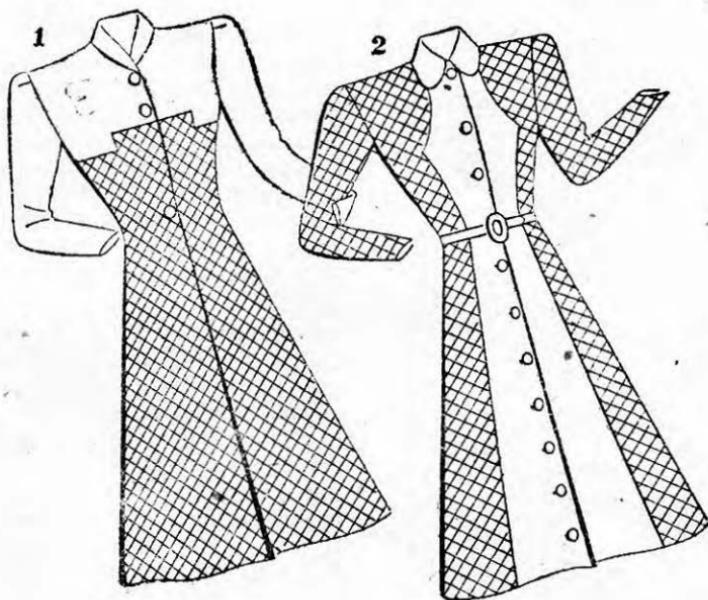
Collars and Cuffs. Cover worn coat collars and cuffs or sleeve ends with new collars and cuffs made of contrasting material. You could cover the buttons to match.

Two Coats into One (1). Turn two old worn coats into one new one by mak-

ing a contrasting yoke and sleeves from the best part of one to use with the skirt and bodice of the other if it is worn under the arms. Pastel-shaded material combined with darker tones can be most attractive. Use the remaining pieces to make a little girl's skirt.

Coat into Coat-Frock (2). Make a lightweight summer coat with worn fronts into a very useful coat-frock by cutting away the worn fronts and inserting panels of some lighter-weight material of contrasting colour. Or put in new fronts with a collar to match, and continue to use it as a coat.

To Cut Down Overcoats. Overcoats which are beyond renovation-repairs can be cut down into skirts or jackets for yourself, or coats, knickers and dungarees for the children.

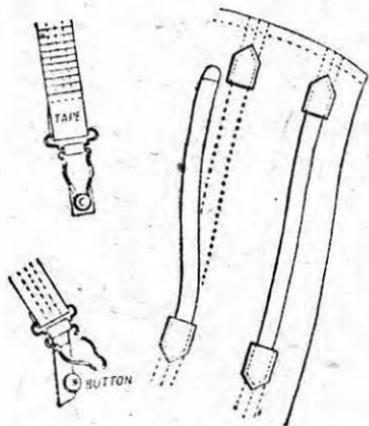


CORSETS

To Take In a Belt. A belt that has become too big for you owing to the rubber perishing can be re-shaped by making a strong seam down either side and down the centre of the back, or at the damaged point. You must make the ridge of the seam on the outer side of the belt, otherwise it will be most uncomfortable to wear. You should use a sewing machine for this if you possibly can. Turn the garment inside out, tack the new seam, run the machine down it, and cut away the surplus material before turning it to the right side and making a second row of stitching to take in the raw edges.

To Let Out a Belt. Insert a piece of strong material down each side, machining it on to the corset.

When Corset Bones Break. Never throw away corset bones, suspenders or parts of these, and save all ribbons, tapes, hooks and buttons. Then, if you break the bones in your corsets, you can make little pockets as shown in the accompanying diagram, and



slip in those taken from another pair. It is well worth making corset bones removable as this saves them from wear in washing.

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 on a length of tape can be used to take its place.

DRESSES

Colour Contrast Renovations. When sleeves, front panels or underarms are worn out, contrasting sleeves or panels can look very attractive. Use up oddments of material from another worn garment if possible.

To Widen a Bodice. Widen a frock which has become too narrow in the bust, by opening the bodice and letting in a plastron of another material. You can make it oval or rectangular in shape, or you could attach a band of the new material to either side of the bodice and fasten it down the centre front with a line of buttons to give a waistcoat effect.

To Lengthen a Dress. A dress which has become too short in washing or cleaning can be lengthened by letting a band of material, in self-colour, or in a contrasting shade, into the skirt between waist and hip-line. Dirndl skirts, in particular, lend themselves to this treatment. If you use a contrasting colour bind the neckline with the same material, or add patch pockets to the bodice.



Two Old Dresses into a Coat-Frock.

Here is an idea for a dark woollen dress that is worn in front and is too tight for you. Open it from neck to hem and finish the edges neatly, turning them in and rounding them up to the neck, unless you like to turn down the points at the neck as revers. Then use the best part of the silk from an old printed dress or any other material you may have in a contrasting colour, and gather it in a panel down the front, fastening it under the edges of the dark material to give the effect of a Redingote worn over a dress. This is very suitable for maternity wear.

You could use the bodice of the figured silk frock to make a blouse. It will probably be worn under the arms, or you wouldn't be cutting it up, but there should be ample material left over in the skirt after making the panel for the coat-frock to put in new short sleeves and a yoke to the blouse.

Worn Elbows. Cut worn sleeves away above the elbow and finish them off with neat cuffs, taken from the lower part of the sleeve, that follow the line of the collar or neck trimming. If you want to keep long sleeves, cut away the worn parts at the elbow and insert oblong pieces of matching material, or even contrasting colours in decorative shapes.

Skirt from a Dress. A useful skirt can be made from a dress, the bodice of which is past repair. Cut it away at the waist, make a side placket and mount it on a petersham band. The best parts from the bodice can be cut into a belt to finish the waistline or to make patch pockets on the hips. Pocket patches would hide any defects in the front.

GLOVES

Wear gloves only to keep warm, and when you take them off put them in your pocket or bag. Thousands of gloves are lost every year.

Worn Fingers. The underside of glove fingers and the palms often wear out when the backs are still in good condition. Using a glove pattern, make new undersides of thin toning or contrasting felt or woollen fabric, and stitch them on to the leather backs.

MEN'S CLOTHING INTO WOMEN'S

Here are some ways in which a man's unwanted garments can be converted to your own use, if you are

quite sure he won't want them again after the war.

A dress suit will make you a neat town tailor-made; the tails allow ample length for the jacket.

A pin-striped light suit provides ample material for a tailored frock. Have it made with a yoke and perhaps a front panel, letting the stripes run in different directions. This will look very smart.

A tweed jacket could be cut down to your own measurements and you could then wear it with a flannel skirt and a gay pullover.

Plus-fours will make you an excellent skirt.

SHIRTS

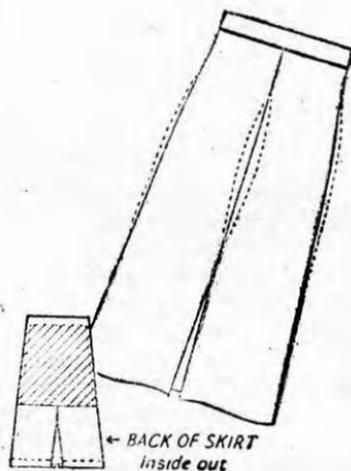
Badly Worn Shirts. Cut fabric from the backs of shirts to replace badly worn fronts, and use near-matching material for the backs. The best portions of two badly worn shirts can be used to make one good one. The remnants might make up into a short-sleeved play shirt for your small son.

Old Dress Shirts. Wash all the starch and dressing out of dress shirts and adapt them to everyday use or cut them up for the children. The best portions from really worn linen shirts can be made into men's handkerchiefs.

SKIRTS

A Cure for Bagginess. If the skirt has a central back seam, open it and straighten it over the seat of the skirt.

Open the side seams, ease them slightly over the hips and just below, to avoid all risk of dragging. Tack and re-seam. If there is no central seam at the back, and there is plenty of material to let out at the sides, make a central back seam and take in the bagginess. Press the seam under a damp cloth. Strengthen the skirt for further wearing by putting a rectangle of strong material (the lining of an old dress or coat would do) across the back. Sew the top of it firmly to the petersham waistband and whip the sides of it lightly down the back of the skirt. If you have enough material extend the band from side-seam to side-seam. Leave the base of the lining loose, and hem it neatly.



Waistband. Replace a worn petersham band, as this will help to preserve the shape of your skirt. The top of your skirt may have stretched, so cut the new band the size of your waist, not of the skirt, and ease the skirt top into it.

SUITS

Replace pockets that are worn beyond repair with new ones made of strong material from the piece-bag. Usually it is the base of the pocket which is worn. Make a new half-pocket, joining it to the old one half-way up, instead of unpicking the tailor's neat finish at the top opening.

Reinforce the elbows and bind the worn edges of the sleeves of a man's tweed working jacket with strips of suede taken from an old handbag or discarded garment.

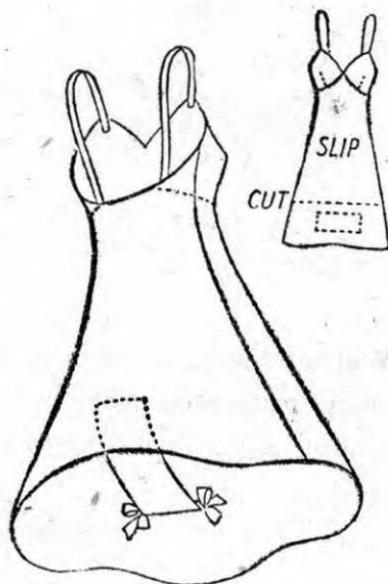
TIES

Cut down really worn ties to make smaller and shorter ones for your young son. Use the unworn ends of silk ties to trim your dresses. A striped silk tie bow will trim a neckline or the front of a belt.

UNDERWEAR

Torn Lace. Cut away all torn lace edgings and motifs from lingerie. Make a rolled hem to replace a lace edging, or bind in a contrasting colour. Use appliqué shapes cut from scraps of satin or crêpe-de-chine left over from other garments to cover the holes left when motifs are removed.

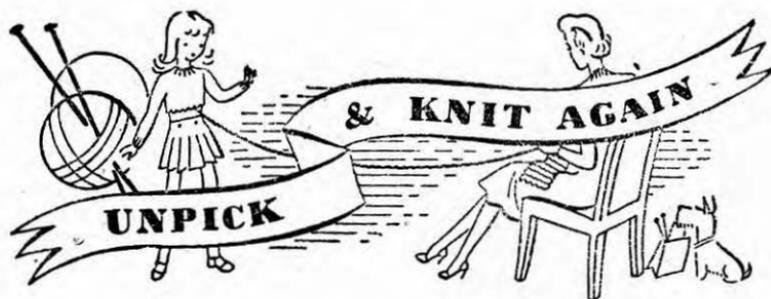
Worn Petticoat Tops. When the top part of a petticoat is completely worn out, but the skirt is still good, cut the top off at the waist and mount the skirt on a tape or elastic. You can make a camisole to wear above it from another partially worn-out garment; or the skirt alone may be worn with a suit.



Petticoat into Cami-knickers. Convert a slip into cami-knickers in this way. Cut the slip to the right length, using the odd pieces to make a rectangle about 8 inches by 4 inches. Hem round the rectangle. Sew one end across the centre back of your slip and fasten two lengths of ribbon to the other corners and two into the front of the skirt as shown in the diagram. You will need no buttons or press studs.

Too-tight Underwear. If a slip or cami-knickers has become too tight, let in widths of ribbon or strips of silk down the sides to ease the strain on the seams.

Brassières. Quite small scraps of satin and other substantial material left over from worn slips and knickers can be used for making brassières. Use an old, well-fitting brassière for a pattern.



Wool is precious, so put to good use every ounce you have. Fetch out any partly-worn wool garments and if you are sure they can't be repaired, unpick them carefully and use the wool for something else.

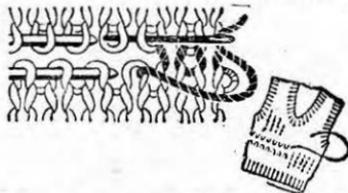
Knitting repairs

Frayed Edges. Knitted or woven woollen garments, especially children's wear, can be lengthened, repaired, tightened or strengthened by knitting bands on to the edges of the worn parts. Choose size of needles, and colour and thickness of wool, according to the thickness of wool in the garment you are renovating. Pyjamas, jerseys, jumpers and similar garments can sometimes be made to look very attractive by using wool of a contrasting colour.

To cast on directly on to the fabric, thread a piece of wool into a darning needle and make small vertical stitches, not more than $\frac{1}{8}$ inch apart, through the material just above where the hem ribbing joins on, and round one of the knitting pins. Knit off each one as it is made; this is easier than waiting until the row is completed. On these loops knit as long a hem as you want. Trim the frayed hem and catch lightly but firmly to the inside of the new ribbing. Press on the wrong side.

In this way you can make cuffs, waistbands, collars, wrist-bands and ankle bands on all kinds of garments whatever their material.

To lengthen or shorten knitted jumpers, pullovers, etc., unpick the side seams and pull out a thread of the knitting where the garment has to be lengthened (e.g., about 2 inches above the welt). This separates the garment into two pieces. Pick up the stitches on one side, knit in the amount required for lengthening, then graft the two pieces together



again. Sleeves can be lengthened in the same way. Use contrasting wool or a striped pattern if you fancy it, or if you are knitting with oddments of wool.

If the sleeves of a pullover begin to wear on the underside and elbow, it is a good plan to change them over to the opposite arms. This levels up the area of wear. (It is advisable to damp-press first to get rid of elbow-bag.)

Socks and Stockings. If the heels and toes of hand-knitted socks and stockings are knitted separately in the first place, and then grafted on, it will be very easy to replace these parts when they wear out. Otherwise, unravel the worn part as far as is necessary, pick up the stitches, and knit on from there. If the surrounding parts are wearing very thin, unravel and re-knit these too; fresh wool knitted on to very thin parts tends to pull them into holes.



Small holes in woollies can be darned and then hidden by simple embroidered motifs, with a few extra decorations at suitable intervals to avoid a patchy effect. Even the amateur needlewoman can produce attractive flowers, stars, diamond and square shapes in gaily coloured wools.

To choose wool

1. It is true economy in money, coupons and material to buy fine wool and use large needles whenever it is not essential to have a very closely knitted garment. A long-sleeved, 2-ply jumper is just as warm as a 4-ply one.

2. For babies' clothes and all underwear, choose a 2- or 3-ply wool, whether it is old or new. If possible, use non-shrink baby wool for baby clothes, and make them amply long.

Ordinary wool under-garments are certain to shrink, so make them a little on the big side. Select, if possible, a pattern in which stitches are cast on round the bust, then the garment can easily be lengthened by knitting on a coloured top if the original wool is not obtainable.

3. For children's clothes, choose a good strong wool, and knit them large enough to allow for growing.

Re-making old garments

To Unpick and Wash Wool. Carefully unpick the old garment and wind the wool round a book or a piece of stiff cardboard. Then wind it into skeins, tying tightly in several places. Squeeze gently in lukewarm suds, made from a good soap, until the wool is quite clean. Rinse twice

in lukewarm water. Lay the hanks in a towel, roll up and press gently. Then shake and hang up to dry, preferably on a piece of stick in the open air. If it is impossible to dry outdoors, dry over the kitchen rack but not close to an open fire or on a radiator. Occasionally shake gently.

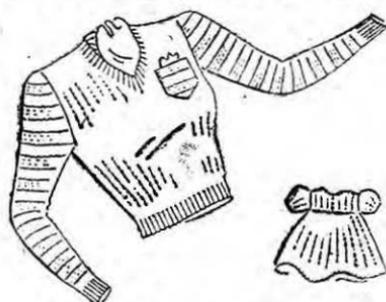
Wool that is unpicked and washed will not knit into the same-sized garment as originally. It may be thinner; a 4-ply wool may knit up like a 3-ply wool, or a 3-ply like a 2-ply. Use the wool, then, to make a smaller garment, or combine some other wool with it to make contrasting welts or stripes, or for yoke and pockets. Always weigh your wool, if you possibly can, before re-using it. If you are following a new pattern be sure the wool is the right ply, and test the tension by knitting a square inch or two.

WHAT YOU CAN DO WITH THESE ODDMENTS OF WOOL

1½ oz. of 3-ply	}	make a back or front of a jumper.
or 3 oz. of 4-ply		
1 oz. of 3-ply	}	make a pair of short sleeves.
or 1½ oz. of 4-ply		
3 oz. of 3-ply	}	make a pair of long sleeves.
or 4 oz. of 4-ply		

New life for old Woollies

Jumpers. Re-knit the sleeves in stripes, using up oddments of brightly-coloured wool, and make the new shaping at the top, thus giving



it an extended shoulder-line. Add a striped pocket to match. A discarded jumper will make a child's jersey or frock. A 2-ply jumper in a pale colour would re-knit into a vest.

An Old Skirt. Re-knit into a cardigan or jacket for an adult or into two jerseys for a child.

Golf Stockings. Re-knit worn golf stockings into serviceable socks.

Worn Sleeves. Unpick at the shoulder seams, and put in new sleeves knitted in a contrasting colour or, using the best part of the old wool with some new, knit in stripes, panels or a half-and-half design.

If the elbows alone are worn, cut them off above the damaged part, and bind with contrasting petersham braid, ribbon or material from the bit bag, cut on the cross. Add a similar binding at the neckline to give a finish.

Felted or matted wool. Have you a hopelessly-looking, thoroughly shrunk and matted old jumper or jacket? Unpick the seams carefully, *don't* unravel it. You can then treat it just like cloth, cutting it out from a paper pattern. If, of course, it is not matted all over, you must tack the parts where stitches are likely to run, before cutting. Machine round the edge of the pattern and join up by hand. This keeps the garment firm and stops it from stretching.

This cloth will make boleros,

waistcoats, children's coats, caps, gloves, capes, hoods, indoor Russian boots and many other articles.

Old white wool, dipped in cold, clear coffee, will make attractive accessories.

A Stocking Ankle Sock. Here is a use for woollen stockings with worn-out feet. Cut off the foot, crochet round the cut leg, pick up the stitches on knitting needles and work the new foot. Turn the stocking leg inside the foot, pick up the other side of the crochet stitches, and knit a plain and purl rib in one or two colours, as you prefer. This makes an ankle sock with a long stocking leg, which is beautifully warm and keeps up well.

Hand-knitted Socks and Stockings. Unravel these when they are worn and knit them up again into ankle socks. Unravelled tops could be knitted on to other tops to make new feet. The tops of a pair of wool stockings will make cosy underpants for a small boy.

An Old Cloth Frock. If you have a cloth dress with an old-fashioned shoulder-line, a worn front and frayed buttonholes, knit new sleeves and back in a toning or contrasting colour from a good jumper pattern, and use the good cloth from the back to make a front panel. An alternative renovation would be to knit a new top and use the good cloth in the old bodice to give a pinafore effect, or for trimming the knitted bodice at neck and cuffs.

An Old Tweed Cardigan or Jacket. You can brighten up a tweed jacket that has worn sleeves by putting in knitted sleeves in a contrasting colour, or in one of the colours in the cloth.

Use for a Man's Waistcoat. A man's discarded waistcoat can be made into a woman's jerkin by knitting a woollen back and sleeves. Beige with chocolate-brown, or canary coloured sleeves and back on a black pin-striped waistcoat would be very effective.

To use wool from the bit bag

Of course, you save every scrap of wool when you are unpicking, don't you? A needleful of wool can be used for mending or sewing seams. Here are some ideas for using up larger quantities :—

1. Use large balls of different-coloured wool to make striped jumpers, cardigans, caps, scarves and gloves.

2. Use odd lengths of different-coloured wools or embroidery skeins for making squares or strips to be joined together in blankets, pram or cot covers and rugs. Or make them into crocheted or knitted hats, caps,

hoods, socks and scarves and gloves. The gloves could have palms of one colour and backs of another. Save new wool for the big things.

3. Beautiful quilts and warm coat linings can be made of squares of wool crocheted together from oddments, and quilted. To make shell pattern quilting cast on 41 stitches loosely. Knit in garter stitch throughout. Knit eight rows plain. Then continue knitting two together on each side of the centre stitch on each alternate row. This means decreasing always on the same side. Continue until three stitches remain. Knit these three together and cast off.

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Make do and Mend aids

Sewing Classes

Why not join a sewing class and learn to sew? Your local Evening Institute, Technical College, or Women's Organisation is probably running a class now. Ask the Citizens Advice Bureau; they will be able to tell you when these classes meet.



Pool your equipment and ideas

If you are one of the clever ones who already know how to Make do and Mend, don't keep your ideas to yourself, but pass them on to your neighbours. Start a sewing party where you can pool your equipment, such as scissors, pins, piece-bags, dressmakers' dummies and sewing machines.



Children's shoe and clothing exchanges

Make use of the children's shoe and clothing exchanges which are opening in many parts of the country. Perhaps there is one in your district; it is worth while finding out.



Advice Centres

Many advice centres are opening where you can take your worn-out clothes to get advice on renovating and mending.



Mending Groups

Can you help others—for instance, by organising a group of women with some needlework skill and a little time, to repair the overalls of the local war workers? Ask the welfare or personnel departments of the factories if you can help.



THIS BOOK IS TO HELP YOU . . .

To keep clothes looking trim as long as they have to last.

To renovate children's outgrown clothes so cleverly that none is ever wasted.

To turn every scrap of good material you possess to advantage.

To keep your household linen in good repair.

To make do with things you already have instead of buying new.