

end. Line in the same way as the main square, for about two-thirds of the length, leaving a flap at the end.

Mark the main square into three portions. Fold the lower portion over the centre portion, making the lower half of a bag (Figure 1).

Sew the two strips to each side of this case, thus filling in the sides of the bag (Figure 2).

Stuff the main part of the bag and the side pieces with straw, packed tightly, and sew down the lining.

Make a bag of American cloth similar to the woollen material one, but not lined or stuffed.

Place the bottle lengthwise in the woollen bag, fold over the side pieces and tuck in well. Roll up the bottle and pin the top flap over.

Put this in the American-cloth bag and roll up again. Fasten securely, for instance, with a strip of material tied round the middle.

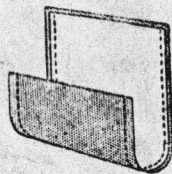


FIGURE 1. Lined material, with lower part folded up to form front of bag.

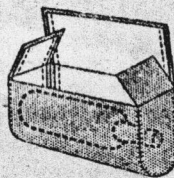


FIGURE 2. The same, with side strips sewn in. Dotted lines indicate flaps to fold inwards over the bottle, which is, of course, laid in the bag.

WHEN YOU GO TO SHELTER

What you should
know

What you should
do

ISSUED BY THE MINISTRY OF HOME SECURITY

WHAT TO DO BEFORE LEAVING HOME

PACK A BAG with a complete change of clothes and leave it with a friend.

Keep valuables and papers, such as rent-book, or building society book, ration book, insurance policy, records of instalment payments, in a safe place, if you can; if you cannot, put them in the bag with the clothes. If you cannot do either of these things, take them with you.

Leave buckets or cans of water and sand or earth on the doorstep, or just inside the door.

Put the stirrup-pump (if you have one) where it can easily be seen.

Draw back all curtains and raise blinds in upper rooms, so that, if a fire is started, it can be seen from the outside. This may save your house.

Turn off all gas taps, including pilot jets, and at the main. Switch off electricity at the main.

Dress children in night-wear *UNDER* their other clothing. Then, when you are in shelter, you can simply take off the outer garments when bed-time comes.

Try to find a home for your pets. If you can't, take them to a *VET* or to any branch of an animal welfare society. You cannot take them to the shelter.

WHAT TO TAKE WITH YOU

Identity card, Ration book, etc.

Gas masks.

Bottle of water (a sweetened drink is best, if you have young children with you).

Something to drink out of.

Milk (if you have a baby).

A tin of sweets.

A tin of biscuits.

Small tin of throat lozenges or jujubes.

Slippers and clean stockings or socks (in case your feet get wet when going to shelter).

Shaded torch.

Money.

Spare napkins and toilet paper, if you have a young child with you, and a rubber bag, such as a sponge-bag, to place soiled napkins in.

Sleeping bag, cushions, rugs.

Hot water bottle filled, and well covered, or bottle of hot water securely corked and placed in a hay bag (*see* description at end of leaflet) if the weather is cold. These can be placed in the sleeping bag or wrapped in rugs to keep hot.

Knitting, or some kind of work to do.

Something to read.

Ear plugs.

WHILE YOU ARE IN THE SHELTER

1. CLEANLINESS OF PERSON AND BELONGINGS IS ALL-IMPORTANT AND HELPS TO PREVENT DISEASE. BY YOUR EXAMPLE, HELP OTHERS TO REALISE THIS.

Bedding should be aired daily. You realise the importance of this in your own home. It is still more important in the shelter. The bedding will keep sweet and fresh, and the daily airing will help to get rid of dampness.

Try to leave the shelter as tidy as you found it.

2. SLEEP.—Try not to lie on your back. You are less likely to snore if you lie on your side.

By lying quietly, you will get to sleep more quickly.

Try not to toss and turn. It only makes you more wakeful, and disturbs others.

You will rest better if you remove any heavy outer clothing before lying down. The shelter will get warmer as the night goes on, and you *must* put on your warm outer garments when you go out into the early morning air, or you will catch cold.

If you are not sleeping on a mattress, put a good share of your blanket *under* you. Sheets of newspaper between two blankets keep out draughts, and *make* a really warm layer to sleep on.

Take off the children's outer clothing before putting them to bed. They will not sleep well if they are too warm.

3. TO AVOID INFECTION.—Make all members of your family gargle before they start for the shelter. Any of the usual gargles will do ; a good home-made one is a teaspoonful of salt to half a pint of warm water.

Make them gargle again when they return from shelter in the morning. Some of the solution may be poured into the palm of the hand and sniffed up the nostrils.

Don't spit ; it is a dirty habit, and dangerous to health. If you see anyone spitting, it is your duty to tell the warden at once.

Coughing and sneezing will spread infection. Cover up your mouth whenever you cough or sneeze.

Keep your feet dry.

One of the easiest ways to catch cold is by sitting with wet feet.

So put on dry shoes and stockings or socks as soon as you reach the shelter, if you have got your feet wet on your way there.

4. DISCIPLINE.—Certain rules are necessary in shelters, so do your best to help the shelter wardens in seeing that these rules are carried out.

Obedience to wardens may prove more important than you think ; it has often resulted in saving life.

In case of trouble always back up the warden. His authority is *your* protection.

5. ENTERTAINMENT.—A certain amount of entertainment is good for us all, but don't let it become a nuisance.

Be reasonable about the use of gramophones and musical instruments, etc., and close down at a suitable time. Don't play musical instruments or gramophones with-

out asking the warden's permission. His decision must be final.

Many have to be up early in the morning, with a hard day's work in front of them. And the children must get a proper night's rest.

6. CHILDREN.—If you have children with you, get them to realise that they, too, must take their part in making things happy for everyone.

Trampling over other people's toes and belongings won't help.

If other people's children are tiresome, try to be patient.

7. SMOKING.—People should not smoke in shelters, unless a special part of the shelter is set aside for smokers.

The atmosphere in shelters is heavy, and smoking makes it worse for everyone.

8. NEIGHBOURLINESS.—People can be good neighbours in a shelter just as well as they can at home.

Be helpful. Be friendly. Be patient.

TWO USEFUL ARTICLES FOR SHELTERERS

A Cheap Home-made Sleeping Bag

TAKE AN ARMY or similar thick blanket about 7 feet long and $6\frac{1}{2}$ feet wide (or pieces of old blankets can be joined together). Line with muslin or cotton material to within a short distance of the top. Sew

straight across both blanket and lining horizontally at intervals of about 1 foot, making pockets, which should be stuffed with folded newspaper. Sew blanket and lining together at bottom of course.

Fold the two sides of the blanket towards the centre, and sew together to within about 2 feet of the top. Sew together at the bottom to complete the bag. Sew tapes on the open side of the bag at the top, so that they can be tied together when the person is inside.

If desired the bag can be made with two thicknesses of blanket, and no stuffing. If newspaper stuffing is used, it should be changed once a month. In either case the sleeping bag should be ironed inside and out every month.

A "HAY BOTTLE" TO KEEP DRINKS HOT

(To hold a bottle about the size of an ordinary lime juice bottle.)

CUT A SQUARE of any old woollen material, such as an old blanket, 8 inches longer than the length of the bottle. Line with either thin muslin or cotton material (an old vest would do), sewing down the sides and leaving the top and bottom open, so that you can stuff them later on.

Cut two strips of the same woollen material, 8 inches to 10 inches long and 4 inches to 5 inches wide, rounded at one