



ADAPTING YOUR ORDINARY CLOTHES FOR MATERNITY WEAR



TRY to avoid spending coupons on special maternity clothes. Almost all your existing clothes can be altered easily so that you can wear them comfortably until the baby is born, and you can wear them again afterwards. For instance, why not put in an attractive matching or contrasting gathered or pleated panel in the front of the dress?

WASHING WOOLLENS

To wash the baby's woollens, make a lather with warm—*not hot*—water. Make quite sure that all the soap is dissolved, then gently squeeze the woollens through and rinse them in clear water of the same heat as the first lot.

Never Boil—Never Soak—Never Rub.

To dry woollens lay them flat and pull them into the right shape and size on something like a small string hammock, in the open air, so that the air will be able to circulate.

WASHING NAPKINS.—Soak first and then wash in hot soapy water. Finish off by boiling.

CARE OF PRAMS: *Try to do small repairs yourself, and do them in time. Most dealers will do major repairs.*

Use your soapy water on washing day to give the pram a good wash.

Dry it thoroughly afterwards and see that no soap is left on the tyres.

If you should be caught in a shower wipe the pram dry as soon as possible, making sure that any mud is removed and that the wheels and tyres as well as metal parts are quite dry.

Avoid wheeling the pram over gravel. Only substitute rubber can be used for new tyres these days and this needs more care than rubber.

Use the hood as little as possible because, although Baby's eyes should be protected from the bright sunlight, he does need daylight and air.

A few drops of oil to wheel joints will keep the pram running smoothly.



Getting ready for baby



—it's surprising how little you really need buy

IF you are going to have a baby here are some of the many things you will want to know about baby clothes, prams, cots, maternity clothes and, of course, the important question of extra coupons.

First of all, try to borrow as much of your equipment as possible from a friend—clothes, pram, etc. But if you are unlucky and have to make the clothes from old material or new the Welfare Centre or Health Visitor will advise you.

BABY'S COUPONS AND YOURS

For information about extra coupons ask your Medical Officer of Health or Health Visitor.

PLAN YOUR COUPONS CAREFULLY from the very beginning and you will find them sufficient for your needs.

Babies don't need nearly as many clothes as people used to think—they must be clothed lightly and sufficiently

cosily to keep the skin warm to the touch.

A layette which is a mixture of knitted and material garments is the most suitable, because the wind blows through an outfit that has not one thickness of material among the knitted garments. Pure wool or a mixture of wool and artificial silk can be used for vests.

HERE IS A SUGGESTED LAYETTE

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| 4-5 gowns (material) to be used by day and night, 22"-24" long, taking up to 1½ yards 36" material each. | 2 medium-sized shawls (about 8 oz. of wool each). |
| 4 vests (woven or knitted). | Turkish towelling napkins. |
| 3 matinée jackets (2 oz. wool each). | Never buy more napkins than you really need, remember fair shares for others, too. |
| 3 pairs bootees (2 oz. wool). | |

INESSENTIALS

Rubber knickers—are not necessary and, quite apart from the fact that rubber is very scarce, they are very uncomfortable for the baby.

Head shawls and gloves—the baby should be quite warm enough if wrapped cosily in shawl or blanket.

Pilches—are not needed ; napkins, put on properly, can look very neat, and the extra layer is inclined to overheat.



HINTS ON MAKING BABY'S LAYETTE



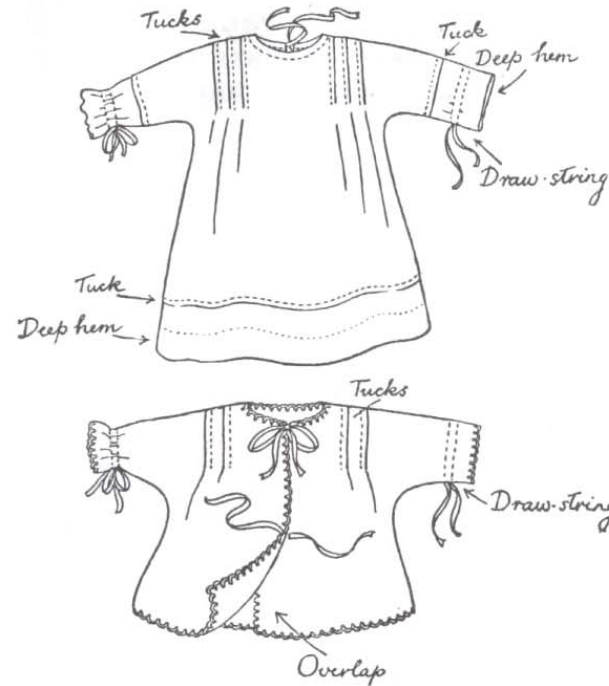
DON'T go in for frills and trimmings and elaborate designs when making Baby's layette. You must aim to make the clothes from as little material as possible, yet in such a way that they are loose and Baby can wear them longer than he would have worn his first clothes in peace-time.

Simple magyar shapes free from constricting bands are best for gowns and jackets made of material, as tucks can be put on the shoulders,

the neck can be made larger as Baby grows, and there is no restriction under the arms. Tucks near the hem and in the sleeves are a great economy in the long run. Baby's first gowns can later be adapted as petticoats and night-gowns and dresses for quite a long time.

Small tabs of tape sewn to the front lower edge of the vest will provide a firm hold for safety-pins and prevent tearing.

HERE ARE TWO OF THE BEST DESIGNS



The local Welfare Centre or your Health Visitor will be ready to advise you

COTS.—A laundry basket, or even a deep drawer suitably lined and padded, can be adapted to make a very useful cot for the first months. No permit is required for a Utility cot.

BEDCLOTHES.—If you live in the country there is probably no need to buy a mattress. A corn chandler or farmer may be able to

sell you some clean chaff. Bake it in a moderate oven for one hour, then fill a pillow-case with it. A small piece of old blanket or rug should be placed under chaff mattresses to provide warmth in winter.

If a pillow is thought necessary a small flat pillow-case can also be filled with chaff.