CLOTHING.

ECONOMY IN DRESS.

Let it be fully understood economy is not synonymous with dowdiness, and it is, and will be, more than ever necessary that women should look and feel well and suitably dressed.

To follow every change of fashion is exceedingly costly. It might be permissible in the days of peace and plenty, but it will be out of the question for many years after the war. It is imperative, therefore, that women should mobilise their strength and resources, and refuse to be ruled by fashion, or to worry because they cannot conform to it.

Much could be done to effect this if women would study the style of dress that is especially becoming to themselves, buy good materials, and have these made up into well-cut garments that avoid any extreme fashion, and that have real beauty in themselves. (To test this, imagine one’s photograph ten years hence. If the dress or hat has good lines, it will no more detract from the portrait than those in the pictures of the old masters spoil the faces above. Indeed, the garments often add to the interest of the whole.)

There are always some fashions each season that give such lines; if more were demanded more would be evolved.

A certain amount of change would, of course, be permitted, but no vagaries of fashion, and if the hats and etceteras were planned carefully, a woman would be able to look well dressed without a large variety of clothes or any extravagant outlay.

In addition to such planning of the wardrobe, various details should be borne in mind.

CHOICE OF MATERIALS AND GARMENTS.

1. *Buy good materials.* They look better, wear longer, and are more worth repairing and renovation.

2. *Buy sufficient material for two skirts with every coat,* or for a dress to allow three-quarters or one yard of extra material, to be used later to remodel the bodice or sleeves.

Six yards of double-width material will usually be sufficient for this when making a dress,
3. Apart from the cost of washing, cotton fabrics are economical for summer wear. They save the more expensive woollens, and can be much more easily cleaned.

4. Cotton crepons and sponge cloths are exceedingly useful materials. They wash well and require no ironing.

Many Americans, when travelling, use cotton crepon for nightgowns, etc., and so avoid difficulties with laundresses and many changes of garments.

Because of the crinkled surface, crepon is quite as warm for winter wear as thin woollens like delaines, and much more serviceable.

A little starch is advisable in washing, and blouses and skirts should be dried on coat hangers to preserve the shape.

Remember when buying and making up that crepon especially shrinks very much, and plan accordingly.

5. Choose more durable materials and trimmings for everyday underwear, e.g. longcloth and madapolam, instead of fine cambric and nainsook, and hand-made trimmings, like embroidery, when possible.

Some of the smooth-finished longcloths become a bad colour after repeated laundering, because the tightly-spun threads cannot be easily rinsed, hence the softer, more open materials like madapolam are easier to wash and keep a better colour.

6. Cashmere and woollen stockings are more durable than open ones, and ribbed wear better than plain.

7. Small heel and toe caps worn with stockings prolong their wear.

8. Underskirts of striped gingham, etc., wear and wash well, keep fresh much longer than white embroidered petticoats, and are more easily laundered.

**MAKING UP GARMENTS.**

1. We have been told that one method of economising is to increase the individual output, and many women can do this most effectively by doing more for themselves in the way of dressmaking and needlework.

At the beginning of the war the idea was to prevent distress by employing labour; now, when labour is scarce, it is more helpful to do as much as one can for oneself, and so release workers for production that will help our foreign trade.
The advantages of home are apparent in greater economy of material, plenty of useful pieces for alterations or repairs, the possibility of utilising remnants, etc., as well as the saving of the dressmaker's bill.

2. When making up washing garments, choose styles that can be easily laundered, to save time and expense.

3. For underclothing especially remember that set-in sleeves wear much better than the Magyar type.

4. Use bright colours where they can be easily changed, e.g. collars, cuffs, revers, hats, etc., not for a whole dress or costume.

CARE AND RENOVATION OF CLOTHES.

1. Brush hats and costumes whenever they have been worn. Keep a piece of velvet for straw hats.

2. Do not wear costume skirts in the house.

3. Renew fastenings, hangers, etc., immediately.

4. Repair garments at the first sign of wear. New woven garments may be darned on the wrong side to strengthen parts that will have the hardest wear, e.g., under arms of vests and heels of stockings.

5. When material will allow it, skirts may be unpicked, washed, and turned, or cut down for knickers, underskirts, etc.

BOOTS AND SHOES.

To preserve the shape of boots and shoes, they should be kept on trees. The heel and toe blocks with metal strip are only suitable for strong footwear. With thin or damp shoes the spring is so powerful, it bends the soles out of shape.

The same boots or shoes should not be worn day after day. Two pairs used alternatively wear longer in proportion, and keep their shape much better.

One style of shoe will often suit the “tread” of wearer much better than another, hence when buying footwear the name should always be noted for use when purchasing again.

If strong leather shoes are treated with dubbin once a week, cracking is prevented, and their durability much increased.