

19. Large families can buy a whole or part of a carcass, far cheaper than meat at the butcher's. Or several families who want to do their bit can join. The meat will keep while frozen till used up.

20. Invariably order your bread the day before. About one-fifth is lost by eating the bread fresh. Cut each slice as it is required.

Save every crumb and scrap in a two-pound tin. Grind, grate or roll them when dry, and put in a smaller tin for use.

21. Eat as little cake and pastry as you can.

22. The cheapest tallow, rendered out, can be used for making soft soap. The directions are on the tins of lye. Even bought soft soap is much cheaper to use for rough things, especially dish towels and for floors.

23. Make the following, and save on bought cleansers: 1 pound white sand, 1 pound washing soda, 1 tin soft soap, $\frac{1}{2}$ pound whitening (cheap chalk). Mix well in an open-mouth jar. Keep some in a small jar handy for the sink, also smaller one in bathroom.

24. Instead of one beefless day, why not try for six, to make up for other people less patriotic? Surely in these troubled days all the other kinds of meats and the unwanted parts of beef can fill the other six days perfectly well.

25. By having a plain dinner and good pudding, or vice versa, you can make a good average when your menu is rather sketchy.

It will be a great thing for the country when the vast importance of this "miserly" saving is fully realized. For long after the war is over economy and the greatest care will be needed if the country is to be safe.

There is no doubt that these suggestions are rather bothersome, and carrying them out will take a little more time. Only a little thought and foresight is needed. Arranging for meals the day before, or (better) writing an approximate plan for a week, helps greatly. So does preparing anything you can at the meal before. As you are moving around, it will take no more time to cook rice and anything that is to be used cooked, or get