

# Should Air Raids Come!

10¢

A.R.P. AND EMERGENCY  
HANDBOOK FOR WOMEN



Published in the interests  
of National Security by  
the makers of

Orient\* Hosiery



*To the Women of Canada  
with the compliments of*

**O**RIENT<sup>★</sup>  
*Beauti-Skin*<sup>★</sup>  
H O S I E R Y

*This handbook is published with the  
approval of the office of the Director of  
Civil Air Raid Precautions, Ottawa*

## *A.R.P. for women*



Our country may never be subjected to air raids; but there are excellent reasons behind the extensive programme of civilian A.R.P. education recently launched by the Federal Office of Civil Air Raid Precautions. Modern warfare, Axis-style, has no consideration for the safety of civilians. The armed forces can and will do much—but they cannot protect us all. We, as civilians, can help nullify enemy air raids by protecting ourselves now. Thus A.R.P. is primarily a civilian responsibility. Women, traditionally known for their sense of devotion and sacrifice, can play a heroic part, each within her own little circle, in the trials we may be called upon to face. This little booklet will be a practical guide to refer to—should air raids come. Keep it in your handbag.

## *What to do in an Air Raid*



No matter where you are when the alert comes, remember to keep cool. Perhaps this thought will reassure you: it is practically impossible for the Axis, because of geographical conditions, to punish Canada the way it pounded Britain during the Great Blitz of September, 1940. There are military and physical reasons, too, which make it improbable that high explosive bombs will be dropped on this country in any appreciable quantity. Nevertheless, it is wise to be prepared for fire bomb raids and in a later chapter you will be shown what to do about



these. In general, however, you will be safe if you memorize the following suggestions and act upon them the minute the air raid alert is sounded:

1. *Keep cool and don't get excited.*
2. *If you are at home:*
  - (a) Blackout your house.
  - (b) If your coal or wood stove is burning, set the drafts and damper so that it will die down.
  - (c) If you do not belong to an A.R.P. unit, go to your refuge room 'till "All Clear" sounds.
3. *If you are away from home* or at work and are not in the A.R.P.:
  - (a) Seek shelter at once. Go home if you are within five minutes' walk.
  - (b) If in doubt ask the nearest A.R.P. Warden and follow his instructions.
  - (c) If you are caught in the open without shelter, lie face down on the ground and protect the back of your head with your handbag.

## *What to wear in an Air Raid*



If you can sew, make yourself a "siren suit" out of those old ski togs. Make some for the children. Add a few big patch pockets with odd bits of material and keep it handy. Dig up an old pair of strong, flat-heeled shoes and a beret. You will find that if you actually have to go into action or lend assistance elsewhere at the request of the A.R.P. this garb will be very practical. At home you will be well protected from bruises and scratches on arms and legs, and you won't run the risk of

ruining your ordinary clothes. If you have to spend the night in your refuge room you will sleep much more comfortably in your "siren suit" than in any other type of clothing. The "siren suit" is designed for practical comfort in your own home, especially if it should be damaged by enemy action. Should you actually be bombed out or should your neighbourhood be subjected to a heavy raid, you will be glad you thought of providing yourself with something really practical to wear.

Of course, if you belong to an A.R.P. unit, you will probably have some sort of uniform along the foregoing lines. In either case keep your uniform "equipped" with such things as a flashlight (which should be inspected regularly), a clasp knife, a can opener, work gloves, a small first-aid kit, a case for your glasses if you wear any, and any similar aids you would want to bring with you.

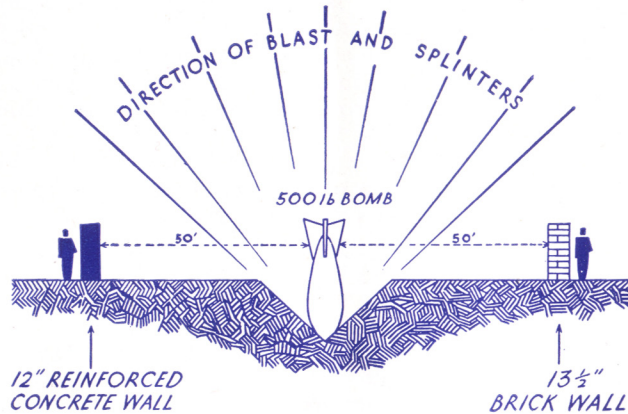
If you are away from home you won't have time to worry about clothing, but if air raids become a definite threat, it might be well to wear serviceable clothing when you go out, even if you must sacrifice styles and conventions.

## *Principal sources of danger*



Bombs are dangerous, but it is not enough to escape close proximity to an exploding bomb. One of the most hazardous effects of a bomb burst is the steel splinter. Splinters will be projected violently over a very wide area and those from shattered glass can be deadly far from the scene of the explosion. (See illustration on page 10.) It is said that over 80% of the casualties suffered in Great Britain, during the 1940 blitz, were caused by bomb splinters and shattered glass. So stay indoors during raids.

## PROTECTION AGAINST SPLINTERS



## Thickness of Materials Safe against Splinters



Fire bombs will probably be of more concern to Canadians than explosive bombs and you should know about them. They are not as dangerous as you would believe. Fire bombs or incendiary bombs, are light and burn with intense heat. You can't smother them, since they contain their own oxygen, but you can make them burn out faster by training a stream of water on them from *behind* a protective barrier. You can reduce the effects of a fire bomb by pouring sand on it from a *safe distance*. BUT, if the bomb has started a fire in your house, tackle the fire first—forget the bomb until the fire is out. Do your best before calling the Fire Services—they'll have plenty of work elsewhere.



NEXT, ASSEMBLE YOUR BOMB FIGHTING EQUIPMENT... PUT IT WHERE YOU CAN QUICKLY GET IT ON YOUR WAY TO THE TOP FLOOR OR ATTIC... NOT UP THERE! PRACTICE PICKING IT UP ON THE

### HERE'S COMPLETE EQUIPMENT:





# Blackouts



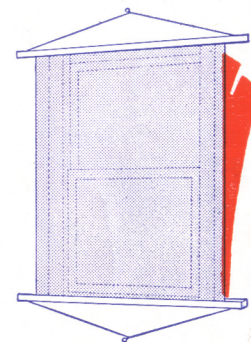
Contrary to popular belief, the purpose of blacking out your house is not primarily to prevent the enemy from dropping bombs on it. When you and your neighbours blackout your houses you are doing a co-operative job of camouflage. It is known that enemy planes can find their way to practically any part of Canada by the scientific use of instruments. But remember, however, that if a town or city is blacked out, enemy pilots have no way of being sure of their positions as there will be few visible landmarks even on a moonlit night. And because their bomb loads cannot be very heavy, the pilots won't take the chance of wasting them. Thus, by the time they have checked their true positions, our fighter squadrons will be at them. So learn how to blackout your home. It is impossible to go into details here, but the Dominion Civil A.R.P. Office has just released a practical booklet entitled *Blackout for the Home*, which gives you several simple ways of doing your bit for the security of your town or city. The important thing is to prepare now, so we urge you to study the official A.R.P. booklet.

The illustration on the opposite page shows one of the simple blackout curtains recommended by A.R.P. Headquarters. It consists of an opaque blind, wider than the window for which it is intended, and reminds one of an old school map. It is hung over the window and securely fastened at the bottom below the sill, stretched as tightly as possible so that it will not sag at the edges and permit the passage of light. You can make one out of thick black paper—many stores sell it for the purpose—or from old drapes or even blankets. Merely roll it up when not in use, but keep it where you can reach it at a moment's notice. It is wise to test it at night from the outside to make sure it works.

If you take steps to blackout your home it will not be necessary to extinguish lights in the house. You will be able to carry on as usual, enjoying your evenings just as ever. If daily blackouts should be made compulsory you will be ready.

During the blackout, and especially during a raid, if the A.R.P. Warden rings your doorbell *do not turn on the light outside your front door*. This point is emphasized here because it was found that during practice blackouts hundreds of housewives made this mistake and it takes only one electric light to tell an enemy airman where he is. Also, if your lights are burning behind blackout curtains, turn them off before opening the door in answer to a summons. If he can, the Warden will tell you what he wants through the closed door, as soon as he knows you can hear him.

There is nothing to be afraid of about blackouts. If you don't fancy dark blackout curtains, you may use flowered material to brighten your room, so long as it is light-proof. In fact, cheerful curtains are recommended if there are children in the house. Get used to blackouts now. Even if you never have to go through a raid you will feel better if you are prepared and your good example will be followed by your neighbours and your friends.



## What to do about children If at home



You might think that your self-control will be taxed when children are about; that you will have to struggle against showing nervousness. Actually you will find that taking care of the children and seeing them safely in the refuge room will take your mind off the air raid. When the air raid warning sounds, call your children into the house calmly, saying that there is an air raid drill. You will have impressed upon them previously the importance of these drills so they will come in without delay. In the refuge room, see that they keep themselves occupied with games and books or if they are young tell them interesting stories. Older children will not prove difficult, especially if *you* remain calm and cheerful.

### If at school



Don't worry about your children if they are at school. The Director of Civil A.R.P. for Canada has instructed school authorities on the proper measures to take NOW so that your children will be safe as long as they remain in the school. No one but the A.R.P. will be allowed to enter or leave the school premises during an alert. Tell your children they will be perfectly safe at school no matter what happens, as long as they follow their teachers' instructions. All teachers have been carefully coached on the care of children during air raids, so please rest assured that no harm will come to them. When the air raid is over your children will return to you safe and sound to tell you how well they were protected.

## Using the telephone



During air raids avoid using the telephone except in a very real emergency. All available telephone facilities will be urgently needed by vital A.R.P. Services. And who knows, while you are trying to forget the air raid in a telephone conversation with a friend, a fire watcher may be trying to telephone you that an incendiary bomb has fallen on your roof. Moreover, most of your friends would have to leave their refuge room to answer your telephone call, so don't endanger their lives more than is necessary.

If your telephone rings during an air raid, by all means answer it. The A.R.P. Services may be calling you. But tell your friends not to telephone you.

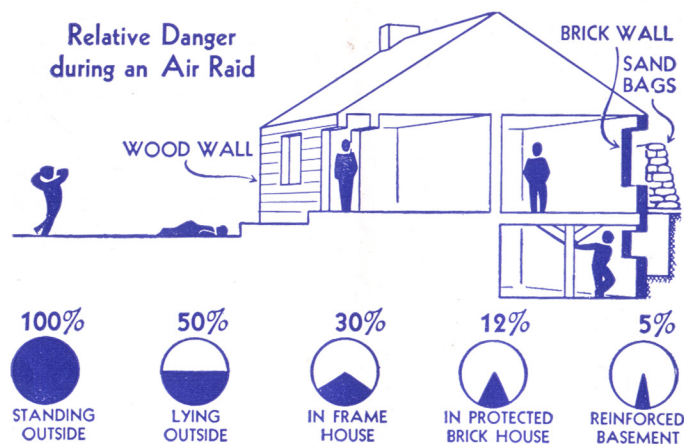
## How to make your home safer



There are many things you can start doing right now to make your home safer, especially if you can sew a little or if there is a man about the house who is the slightest bit handy with a saw and hammer. The simplest thing to do is to obtain from your Air Raid Warden copies of the following booklets published by the Director of Civil A.R.P. in Ottawa: *Blackout for Your Home*, *Make Your Home Your Air Raid Shelter*, *Incendiary Bombs and How to Deal With Them*, *Protection for Windows and Glazings*, *Make Your Refuge Room Gas-proof*.

You can learn practical A.R.P. also either by joining the A.R.P. or attending A.R.P. lectures and demonstrations that are open to the public. A.R.P. work is the concern of





every civilian. And whether you are a housewife or an office girl, you will have a duty to perform in your immediate vicinity, should air raids come. If you are anxious to help, you should get in touch with a member of your local A.R.P. Committee, who will only be too glad to have your co-operation. He is qualified to help you solve your A.R.P. problems. And there are many things you can do to really help. For instance, why not volunteer your services to act as an A.R.P. telephonist, typist, clerk, stenographer or nurse during an emergency? Join the A.R.P. and take the Official First Aid Course. It will always be useful to you no matter where you are.

## Where to go - what to do



As you read this page, do you think you could write down the things to do in the event of an air raid? Would you know what to do first? Just turn back to pages 1 and 2 and go over them again. Study these pages well: they will help you remember what you have learned from the booklets issued by the Office of the Director of Civil A.R.P.



























Always bear in mind that the enemy will take every means to lull us all into a feeling of false security. The enemy wants us to believe that he will never drop any bombs on our Canadian cities and towns. While it is to be hoped that this country will never experience an attack from the air, it is infinitely wise to be prepared for any eventuality. Since it is logical to believe that incendiary bombs offer the most practical form of attack upon this continent, you should become familiar with methods of dealing with them. The women of Britain have become very expert at dealing with fire bombs. So long as elementary precautions are taken, these bombs are no difficult problem. Rehearse often, even if only in your mind, the things you will do should an air raid come, and if the "Alert" does sound one day, you will be surprised how naturally you will put your theoretical knowledge into practice.

On page 14 is a list of official A.R.P. symbols used to mark special locations on maps. Study them in conjunction with the actual location of these various objects in your own neighbourhood. Your A.R.P. Warden will tell you exactly where they are. Then on page 13 draw a detailed map of your district and indicate these locations. The specimen map on page 12 will help you.



*On this page draw a detailed map of your own neighbourhood*



STANDARD MAP SYMBOLS			
	CONTROL CENTRE CHIEF WARDEN		LOCATION OF TELEPHONE
	ZONE WARDEN		FIRST AID POST
	DIVISION WARDEN		CASUALTY CLEARING STATION
	DISTRICT WARDEN		HOSPITAL
	SECTION WARDEN		DECONTAMINATION CENTRE (PERSONS)
	WARDEN'S POST (SECTOR)		BOMB DISPOSAL SQUAD DEPOT
	WARDEN'S POST—SPECIAL		RESCUE SQUAD DEPOT
	WARDEN'S POST—SEPARATE		DEMOLITION AND CLEAR- ANCE CREW DEPOT
	AUXILIARY POLICE POST		PUBLIC UTILITIES REPAIR CREW DEPOT
	FIRE STATION		GAS DECONTAMINATION SQUAD DEPOT (MATERIEL)
	AUXILIARY FIRE SERVICE DEPOT		SHELTER OR PLACE OF SAFETY
	HYDRANT		SCHOOL
	FIRE ALARM BOX		CHURCH

## Simple Air Raid shelters In the home



The most practical air raid shelter is the refuge room, located in the safest part of the house. Choose a small room, preferably on the ground floor, with a minimum of outside walls. A narrow room, such as a small kitchen or pantry, will not collapse so easily. Your refuge room should have adequate exit facilities as well as ventilation and sanitary considerations. Protect the windows according to A.R.P. instructions. Remember that no shelter can protect you against a direct hit, but the chances of a bomb falling directly on your house are very slim.

## In the garden.



Home-made garden shelters at one time figured prominently in British A.R.P. advice, but these are not recommended now, as they create serious sanitary and heating problems which made them highly impractical and often dangerous. Accordingly, A.R.P. authorities in Canada do not recommend that you invest in specially-built shelters. None will protect you against a direct hit, and you will be just as safe from a "miss" in your own home provided you get ready NOW.

## How to train your family



### *Discussing Air Raids With Children:—*

Do not be afraid to discuss certain aspects of the war with children under your care. Tell them that some day the enemy may fly over your city or town to try to see what is going on. That they may try to start fires in order to see better. That they may shoot off big fire crackers. Tell them that everyone is planning to fool the enemy and not help him at all. Tell them about the refuge room and the air raid warning. Then plan some interesting air raid drills on rainy days. Station the children in various parts of the house and call them to the refuge room by means of a special signal which you will use **ONLY** for these drills.

**Definite Duties For Everyone:** Assign certain duties to the members of your family and the older children. Hold general air raid drills in which all take part. The children will enjoy these "games" and later when they learn to recognize the "drill signal" from outside the house, you will be able to hold surprise drills. Your neighbours will profit by your example and you may one day be thankful you took these precautions. Reading the official A.R.P. booklets will suggest many things to do during your "air raid games." Then, if real air raids come, you will have no trouble at all and there will be no panic among the members of *your* family. You will find that A.R.P. drills will give you confidence, too. Before long air raids will not worry you at all. *You will know* what to do.



## Your local A.R.P.

It is likely that in your community there will be an Air Raid Precautions Unit. As suggested before, you should get in touch with it through your Warden in order to be posted on what is expected of you **NOW** and when the "alert" is given. From your Warden you may obtain all the printed and illustrated information published by the Office of the Director of Civil A.R.P. It is suggested that you keep well informed on all phases of A.R.P. activities. If you join the A.R.P. you will be qualified to render active assistance in an emergency. You might even say that modern warfare, essentially revolving around the element of surprise, has eliminated the unexpected—everything is to be expected. So be prepared.

## Things to remember

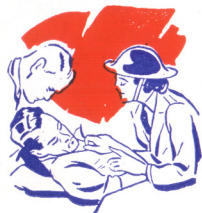


Name, address and telephone number of nearest Warden; location of nearest Wardens' Post; location of nearest First Aid Post; location of nearest Fire Box; location of nearest Police Station; location of nearest Drug Store; where you own A.R.P. equipment is; keep your A.R.P. equipment in good condition.

Know what to do when the time comes if it does: by instructing your family and "playing at air raids" regularly. The children will enjoy it and learn their duties quickly and without the element of fear or panic. If the real thing comes you will have no trouble.



# Emergency hints



Every civilian should have a small first-aid kit. It should contain iodine, tannic acid, adhesive tape, gauze and bandages, and small scissors. Carry it in your hand-bag—or keep it where you can find it. And take a First Aid Course.

## Fractures



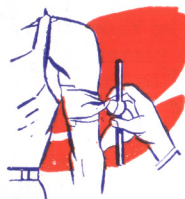
Injuries involving broken bones can be dangerous if not properly handled. Make the patient *comfortable* and keep him warmly covered. If you have taken the A.R.P. First Aid Course you will know what to do—otherwise make no attempt to administer first aid or move the patient. Summon the First Aid Squad and let it take charge.

## Shock



This is similar to a fainting spell. The body is cold, pulse feeble and the patient may lose consciousness. Lay the patient on his back, with head lower than the feet and loosen all tight clothing and keep the patient well covered. Do not give alcoholic stimulants. Hot tea or coffee only if patient is conscious.

## Bleeding



If bleeding is not checked immediately, complications can develop and prove fatal. Ordinary bleeding is easy to stop by applying a pad and bandage. Severed arteries involve using a tourniquet, which compresses the artery until it is closed. This bandage should be loosened every twenty minutes, otherwise the patient may die. Severe cases of bleeding are a matter for a doctor. So don't take any chances; call the First Aid Squad immediately.

## Burns



Baking soda, dissolved in water to a paste, will relieve slight burns. But when burns are of a serious nature clothing will have to be cut away. Lard, olive oil, vaseline or white of egg will relieve burns. Here again your A.R.P. course will prove very useful while you wait for the First Aid Squad. Be safe and call them without delay.

## Cuts



Cuts and scratches should be thoroughly cleansed with antiseptic to prevent infection. You may be surprised to learn that the most effective antiseptic is salt water. It is simple and economical, if sometimes painful. When there is only slight bleeding a simple bandage may be used. The main point is to keep the wound clean and prevent dirt from getting into it. Your first aid kit will contain the articles needed to make a few bandages. Keep it well supplied.

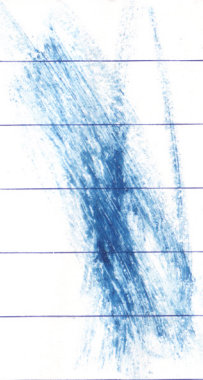
## Carrying injured people



Never move an injured person unless his life is endangered from another source. When at all possible, use a stretcher, even a makeshift one, using two broom-handles and a couple of old coats. Jolting or even moving injured persons may kill them. Internal injuries might be extended as a result of careless handling. If you cannot get anyone to help, and the patient can walk, you may assist him to safety. If he is seriously injured, *get help before making any attempt to move him.* Your local A.R.P. conducts classes in First Aid; you will realize now the advantage of following them.

## Locations of shelters and places of safety

SHARON SMALL

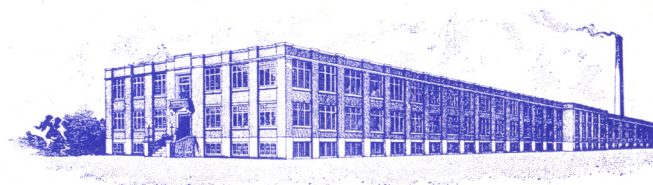




## This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

# Contents

	Page
A.R.P. for Women .....	1
What to Do in an Air Raid .....	1
What to Wear .....	2
Principal Sources of Danger .....	3
Blackouts .....	6
What to Do About Children .....	8
The Telephone .....	9
How to Make Your Home Safer .....	9
What to Do—Where to Go .....	11
Map of Your Neighbourhood .....	13
Standard Map Symbols .....	14
Simple Air Raid Shelters .....	15
How to Train Your Family .....	16
Things to Remember .....	17
Emergency Hints .....	18, 19, 20
Locations of Shelters .....	21
Emergency Names and Addresses .....	22



*The Home of*

**O**RIENT<sup>★</sup>  
*Beauti-Skin*<sup>★</sup>  
 HOSIERY



*The Orient<sup>★</sup> organization is 100% Canadian,  
 founded, operated and financed entirely by  
 Canadians in Canada.*



"Hardship has only steeled our hearts and strengthened  
our resolution. I look to the day when we shall go  
forward hand in hand to build a better, kinder and a  
happier world for our children. May God bless us all."

—Her Majesty Queen Elizabeth



T. Allen

May 25 1947