



AND HOW TO BRING THEM INTO YOUR HOUSE

# 10 Things Every Ukrainian Home Has for Winter

A Ukrainian village house stays warm and fresh all winter for very little money, and almost nothing it does needs anything you cannot find in your own closet. Here are the ten things, with what to do in your house this week.

*with love, Maria*

**Your list: tick each one when it is done**

- |                                                    |                                                     |
|----------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Sealed windows            | <input type="checkbox"/> Open wide for five minutes |
| <input type="checkbox"/> Curtains on a schedule    | <input type="checkbox"/> Laundry by the heat        |
| <input type="checkbox"/> Slippers by the door      | <input type="checkbox"/> Freeze the pillows         |
| <input type="checkbox"/> A warm vest               | <input type="checkbox"/> Clean rugs on fresh snow   |
| <input type="checkbox"/> A wool blanket on the bed | <input type="checkbox"/> A carpet on the cold wall  |

**Tonight: hang or lean a quilt against the cold wall behind your bed, and sleep beside it.**



## 1 Sealed windows

A house loses heat first through small gaps. The cold comes in where you do not look.

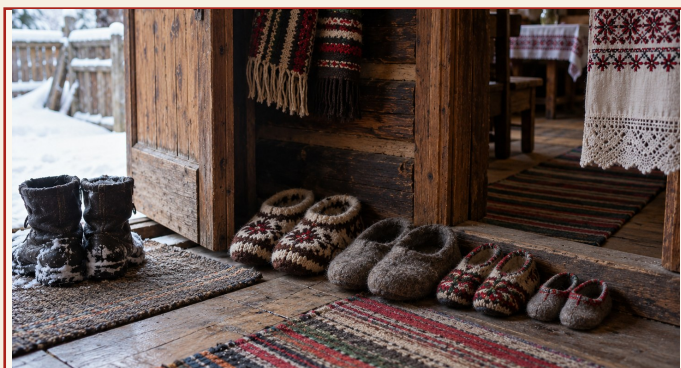
- ☐ Move a strip of tissue or an incense stick slowly around each frame; where it leans, there is a draft.
- ☐ Press rope caulk or foam tape into every gap.
- ☐ Put a shrink-film kit on the worst window.



## 2 Curtains on a schedule

Sun through glass is free heat. After dark the glass turns into a cold plate.

- ☐ Open the curtains on the sunny side by nine in the morning.
- ☐ Close every curtain at sunset.
- ☐ Lay a rolled towel on the sill; keep fabric off heat vents.



## 3 Slippers by the door

«капці» — house slippers

Outdoor shoes carry in snow and cold. When your feet are cold, the whole body is cold.

- ☐ Put a boot tray and a basket of warm slippers by the front door, with a spare pair for guests.
- ☐ Lay a runner where you stand most: the sink, the bed, your chair.



## 4 A warm vest

A warm core sends warmth to your hands and feet by itself, and your arms stay free.

- ☐ Wear a fleece or wool vest in the house.
- ☐ Turn the thermostat down two degrees.



## 5 A wool blanket on the bed

«ліжник» — a thick hand-woven wool blanket

Wool stays warm even when it is a little damp, on a cold heavy night.

- ☐ Put one real wool blanket between your sheet and your comforter.
- ☐ A thrift-store wool blanket is fine. Wash it gently.



## 6 Open wide for five minutes

Stale damp air goes out, fresh dry air comes in, and the walls and furniture keep their heat.

- ☐ Twice a day, turn the heat down and open two windows wide, across from each other.
- ☐ After five minutes close them and turn the heat back up.



## 7 Laundry by the heat

Winter heat makes the air very dry. Wet wash gives water back to the air and saves a dryer cycle.

- ☐ Dry one load a week on a folding rack near a heat vent, not on it.



## 8 Freeze the pillows

Deep cold freshens what you cannot easily wash.

- ☐ On a dry day below freezing, hang pillows and a blanket outside for two or three hours.
- ☐ Shake them hard or beat them, then bring them in.



## 9 Clean rugs on fresh snow

Dry cold snow catches the dust and holds it. The grey on the snow is the dust of the whole autumn.

- ☐ After a fresh dry snowfall, lay a small rug face down on clean snow, beat it with a broom, flip it, brush it.
- ☐ No snow? Sprinkle baking soda, wait 15 minutes, vacuum.



## 10 A carpet on the cold wall

A cold wall pulls heat out of the room and out of you. A carpet is a warm layer between.

- ☐ Find your coldest outside wall, behind your bed or reading chair.
- ☐ Hang a quilt, a rug or a tapestry there. It only needs to be thick.



I am writing my grandmother's ways down in a small book. You are on my list, so you will hear first when it is ready.

*Maria*