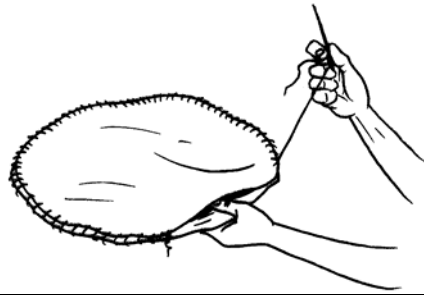


12. Sew these circles together round the edge leaving a small gap un-sewn. Turn right side out.



13. Stuff the cushion with insulating material. Sew up the hole to make a neat cushion.



14. Make the second cushion a bit smaller to fit into the basket as you cook.



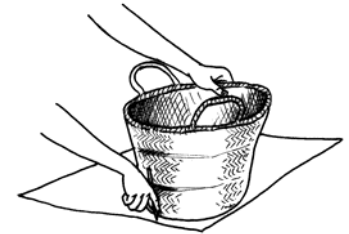
REAP,
P.O. Box 21083,
Ngong Road,
Nairobi, 00505,
Kenya.

HOW TO MAKE A FIRELESS COOKER

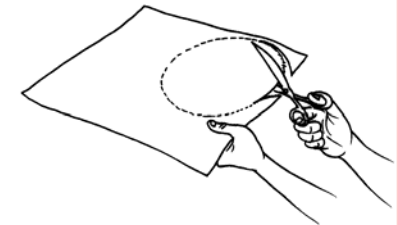
Fireless cookers are made out of locally available materials. You need a basket, some cloth material, an insulating material and sewing tools. Choose the most easily found materials in your locality, focusing on those that are cheap and easy to obtain. You can use any style of basket



1. Draw a circle on the cloth using the bottom of the basket, with a piece of chalk or charcoal.



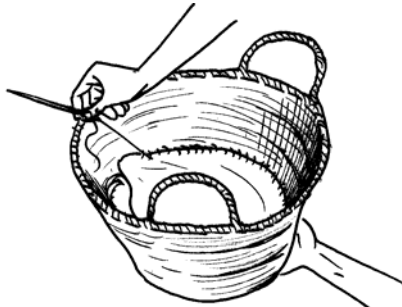
2. Cut out the round piece of cloth.



3. Put some insulating materials into the bottom of the basket. The best types of insulating material are cotton or blanket waste. You can also use tailor's waste, wood shavings, newspaper, feathers or dried grass. Use the best available.



4. Sew the material into the inside of the basket, over the insulating material.



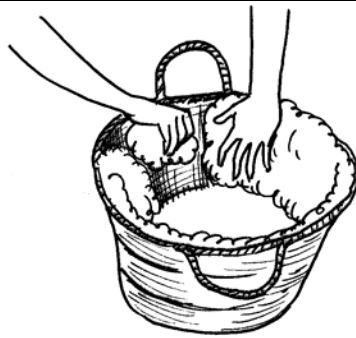
5. Cut a piece of material to go inside the walls of the basket. Use the wall of the basket to measure both the height and the length of the cloth.



6. Sew the bottom edge of the material into the bottom of the basket.



7. Stuff the inside of the basket wall with the insulating material. The cloth material you have already sewn in will hold it in place.



8. Pull the material to the top of the basket to cover the insulating material.



9. Sew the material to the top of the basket.



10. To get the material holding firmly on the basket, you have to sew tucks around the wall of the basket as is done with a local mattress.



11. Draw two circles in the cloth using the top of the basket to measure. This will give you the right size for making the larger cushion.

