

HOUSEHOLD.

ADVERTISEMENTS.

Papa At Breakfast.

However dear and lovable mamma is, however good the breakfast, the meal is not complete to the children so long as the father's chair is vacant. Instinctively, and perhaps unconsciously, every little one (to say nothing of mamma) suffers some strain of expectancy till the father comes. He is their king, they love him; they worship him in their child feelings. All that they are interested in they would like to submit to him in one way or another, and they, being children, are more keenly alive than at any other meal of the day. When at last the great man's step is heard, all this sentiment among his pretty brood rushes toward him. They may not speak; they may be too well trained to do so, or too shy. The feeling is there, and how heavy a price the father pays who chills it with his entrance, who comes, not only late, but absorbed in himself, makes everybody wait upon him in haste, despatches his orders for the day between mouthfuls, and rushes off to his office with a hasty kiss all around. The wife may have schooled herself till she does not mind, and the children may not comprehend for years what giving and taking of happiness they might have realized in that morning hour. But whether they know it or not, their expectancy and affection are cooled a little more each day. The minds also have less to say, as they learn that they are not to be heard, but each one will have its awakening some day. And the father must be the loser in their respect, their admiration and their confidence, and he deserves to lose these precious things in inverse proportion to all he can possibly get out of that extra twenty minutes in bed.—Helen Ainslie Smith in 'Congregationalist.'

The Value Of Rest Taken Briefly.

'Why don't you lie down a few moments?' asked an auntie of her niece, who she was visiting for a few days. The dinner dishes had been cleared away, and with a wide yawn the younger woman brought out her mending basket, remarking that as soon as she had changed her dress she must 'go right to mending.' Then it was that the question was asked, 'Why not lie down a few moments?'

'Oh, I can never sleep in the day-time,' was the reply, 'and besides, it always seems to me a waste of time to go off napping in broad day-light.'

But the aunt thought differently. 'Now, see here, Jennie,' she said, vigorously, 'I am some years older than you, and have had a great deal more experience, and I just know what I am talking about. When I started out as a young housekeeper, an old nurse told me that if I lay down ten or fifteen minutes every day after the "heft of the work," as she called it, was done, I would save more strength and make more health than I'd any idea of. I laughed to myself at the idea of my needing either to save strength or make health, and the simple advice was allowed to slip from my mind. But a few years afterwards, when I began to feel pretty well worn out by the middle of the day, the old nurse's advice recurred to me one day, and I at once resolved to try using it. So, regularly every afternoon, as soon as my work was done up, I lay down on the lounge for fifteen minutes. For a little while, perhaps a week, or ten days, I would just lie and watch the clock, getting up promptly when the quarter hour was up. Then one day I dropped asleep before I'd watched the clock two minutes, but the funny part was I waked up at the end of exactly the quarter hour. Next day it was the same. And for years that fifteen minutes' nap was worth a good deal more than a dollar a day to me. If for any reason I had to miss it, I felt sleepy, and as if I wanted something all the rest of the day. But up I'd get from that little rest as bright as a new dollar. Now just you try it. No matter if it seems a bore at first. It won't be long before your eyes will close as soon as you lie down, and my! the good it will do you!'

Hundreds of mothers, housekeepers and busy workers have proved the truth of these words. 'I didn't get my little nap to-day,' said one of the most industrious of women in my hearing recently, 'and it made me feel wrong and stupid the whole afternoon.' And

another lady remarked, 'How much I would give if I only could catch a little nap each day!' She failed to realize how much we are creatures of habit, and that by schooling herself to rest and recline with persistent regularity would almost certainly bring the coveted sleep after a time. Another busy woman declared that she would not allow herself the luxury of a nap occasionally in the day time, because she knew it would so soon become a habit. Did she not fail to realize that her tired system was crying out for the periodical rest which she acknowledged was being resisted at some little effort?

'I let nothing prevent my taking my after dinner nap but absolute necessity,' said one lady, who realized that, pressed as she was with daily cares, it was of great value to her to take a generous half-hour of rest every day. 'I more than make up for it,' she said, with decision, 'in the extra strength it secures for the afternoon and evening.'

We hear and read how our grandmothers used to devote an hour or so of the day to reading and meditation. Many of us can distinctly remember seeing the 'meditation' in process, when almost habitually the little book would droop, the head would fall forward, and deep sleep, sweet and restful, would overpower the wholesome meditation. The housekeeper of to-day need not think herself superior to the example of the good old housekeeper of the past in this direction. She is not. The meditation and the nap, to our mind, were useful agents in calming grandma's nerves and prolonging her sensible life.—'Christian Work.'

A Field For the Old.

A dear old lady, through reverses of fortune, become quite poor. In order to add to her small income she went out to take care of children, small babies especially. Her charges were moderate, fifty cents a day, twenty-five for the afternoon, and twenty-five for the evening, if she were relieved by midnight. She was a boon to the young mothers who liked to attend the concerts or an occasional party, or to spend an occasional afternoon in shopping or making calls. They knew their little ones were in good hands, for she thoroughly understood the care of babies. This did not necessitate continuous work, nor did she have to leave home long at a time, but it brought in many dollars. She was often called upon by a young mother when the baby was ill, or when the mother was ill and could not take care of her child. The woman who undertakes this work assumes considerable responsibility, hence she must thoroughly understand and enjoy it. It is an especially nice field of labor for elderly ladies, who have given up keeping their own house and live with their

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children. There are many who would be glad to undertake it, had it ever occurred to them to do so, and who would be equally glad of the money they would thus earn.—'Housekeeper.'

A Word to Boys.

Mothers, says an exchange, train your boys to be neat in the house. They should be taught to look after themselves and to keep their hats and coats in their proper places. Teach them this habit, and you will also do a kindness to the boys by teaching them neatness and self-respect.

Boys, as well as girls, should be taught to help in the house. How often we have been disgusted to see that the girls are made to help with the housework while the boys are allowed to play checkers or sit at the fire toasting their toes! A boy can help clear away after a meal, sweep the floor, polish the stove or wash the dishes just as effectively as a girl. He, as a rule, is stronger. He will love his home more, and when he becomes a man and has a home of his own, he will respect his wife all the more for having been taught to respect his mother and sisters.

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