

crowd and injure one another. The weakest always suffer most, but by having hardy birds as parents, the number of weaklings is considerably reduced. By selecting the most vigorous and alert birds, especially those that are good layers, I have been able in the last 10 years to increase the average egg yield of my flock from 120 to nearly 190 eggs a year.

How We May Endear the Home to the Child

The other day a little boy said to me: "Well, I must be going home."

"Where is your home?" I inquired of him.

"Oh, it's the place where I hang my hat," he said.

To hear that small boy of ten say that home was nothing more or less than a hook on the wall upon which he hung his hat was enough to arouse consternation. That remark stayed in my mind and possibly made me more observant of my little daughter's and her playmates' remarks when playing their favorite game, "house." They imitated their mothers to perfection—dressed up in our clothes, served and talked just as we did. I soon noticed that after a play meal it was my daughter who always washed the dishes. So on day I casually said to one of my daughter's little playmates: "Esther, don't you like to wash play dishes?"

"No, ma'am, I hate dishes," she replied truthfully. "That's why I like to stay here so much. When I go home there are always dishes to wash."

So to one boy home meant only a place to hang his hat, to a girl it meant dish-washing. Home ought to mean more to our little ones; but we mothers have so much to do and our days are so full and busy that perhaps we have neglected to do some of the vital things that will endear the home to our children. The woman is the only one who can make a real home and this big responsibility rests upon her. Perhaps if every woman would stop long enough to take an inventory of herself, she might find why her house isn't as well managed as her neighbor's, or why she never seems to get to the end of her work and has little time to be with her children.

If you are tired all the time there is something wrong somewhere. A woman who is constantly fatigued is not able to meet the emergencies that are always happening in the home. Have you ever stopped to think why you do not feel like yourself when you are all tired out? When you are tired your circulation is poor; your nerves are unsteady; your digestion is out of order and you are more liable to disease. You are cross and little things annoy you. We cannot always avoid fatigue, but every woman ought to know how to deal quickly and effectively with so destructive an enemy.

Have you ever tried having a nap every day? If not, try it immediately. It will do wonders for you. After a woman has been on her feet all morning, baking, sweeping, dusting, canning fruit or doing any of those thousand and one things she is always doing, she is physically tired and deserves a long nap of an hour or two. You may say you haven't time, but you must take the time. Better to let the house go undusted or the fruit uncanned than that you should so tire yourself that you are in no condition to enjoy the evening hours when your family are about you.

Responsibility and Thoughtfulness

I know that every woman, no matter how busy she may be, can have her nap every day if she so wills. My mother was the mother of five vigorous children. She did all her own work with what assistance small children could give her. Every afternoon after the dinner dishes were washed and left in the drainer, my mother, usually taking the youngest child with her, went upstairs for an hour's nap. I can remember as a small youngster that nothing on the face of the earth was to disturb her during that time. We became quieter in our play, answered all telephone calls and kept friend and foe away from her room. If we were asked to go to a neighbor's house to play we would say: "We can't go now, mother's asleep; but when she awakens we'll ask her if we

can go over." If the King of England had called upon mother during her napping time we should politely have informed him that she was asleep and must not be disturbed, and he would have had to wait or go away leaving his card.

When mother awakened from her hour's sleep she was greatly refreshed and turned to darning and sewing or some of the lighter household duties. She always made it a rule never to work in the kitchen in the afternoon until time to get supper, and when we went to school it seemed so pleasant to return home and find mother up from her nap, neatly dressed and waiting for us in the living-room.

Frequently I was permitted to go home after school with playmates and I can remember how queer it seemed to find their mothers' coming in the afternoon, or baking bread or mopping the floor, and some little girls would have to wash the dinner dishes, which were left in dirty piles awaiting their return from school. That was something mother never left for us and I have always been grateful to her for that. We children always did the breakfast dishes before we went to school, and we did the supper dishes and never minded it; but if we had returned from school in the afternoon to find huge piles awaiting us I feel sure our hearts would have rebelled inwardly, though they might not outwardly.

Mother always declared it was a waste



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