

It's a Topsy-turvey World We Live In

IT'S a topsy-turvy world we live in today—who doesn't know it? Every day we find we have to readjust ourselves to some fresh set of circumstances, every day we find our sense of values altering. It's difficult sometimes to keep looking on the bright side, especially when the days seem a succession of small worries and upsets. But don't let the topsy-turvy world upset you. Worry never did any one any good, and even if your world does seem upside down today, then tomorrow it must straighten up again for you. It is the law of averages—it never fails.

Where are you going to begin to keep level? All over the world women are doing jobs they have never tackled before, and are doing them in a splendid fashion. Here in our own country our women are helping the men on the land, helping with all their heart and soul, in an effort to win the war. And while they are helping, they are often bearing heavy burdens of worry

MIRACLE

It rained last night,
And when the people woke they said:
"No joy in getting up today,
We'd rather stay in bed."
They did not see, those foolish folk,
The beauty that I found,
They did not see the sparkling drops
That silvered all the ground.
And when at last the sun came out
The foolish ones saw not
Ten million diamond treasures
That sparkled, silver shot.

and anxiety—but it's a strain, and unless you are more careful of yourself than you usually are, then the strain will tell. Very soon you will find circles under your eyes, feel yourself losing your dash, feel yourself growing old—too soon.

There are many ways in which to combat the evil. First of all I would recommend to you something new to wear. Not necessarily a whole new outfit—they are luxuries these days. But a new hat, perhaps with a gay feather, and a scarf to match, will brighten your old costume, and brighten you, too. Despite extra work, you must keep yourself looking smart and fresh. Try a new flower on your frock, a new belt, or a new blouse—anything, so long as it is fresh and new.

What about your cosmetics? Have a change of face powder, or face cream—a new perfume will act as a tonic in itself. Go down to the hairdresser and tell her you want your hair set in some style which you haven't ever tried before. Hair styles can work miracles on tired spirits.

And, whatever else you do, or don't do, please don't neglect your leisure periods. They are more important to you now than ever before—extra work means extra strain on your nervous system, and as compensation you must give yourself more rest. But resting does not necessarily mean idleness—you can knit, or read, or perhaps just

enjoy the luxury of listening to the wireless for a little while now and then between jobs.

But do be careful of yourself. Everything and everyone seems upside down these days—do you want to stay upside down for ever? Because you will, if you are not very careful.



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