

in the living-room where mother can curl up for a little while whenever the opportunity offers. But it is not enough to wait until the opportunity offers. Every busy mother who has found the beneficial effect that a rest-hour has on her nerves and spirits will tell you that the opportunity must be **made**, probably every day for quite a while, until it becomes a habit.

But perhaps you are one of those unfortunate people who are unable to sleep at will? Insomnia is perhaps the worst of all evils, for it is only by great will-power that it can be overcome. If you are inclined to suffer from sleeplessness, try having a hot bath every night just before you retire, rub yourself briskly after it, and go straight to bed, with a hot drink. Reading may help to induce

A LITTLE BIRD . . .

A little bird outside today
Was singing, singing, singing . . .
A little bird in the endless blue,
Was singing, singing the whole day
through,
And deep in my heart a gladness grew,
It budded, and burst, a flower in dew . . .
For a little bird outside today
Was singing, singing, singing. . .

sleep, particularly if the book is rather tedious and heavy. But you've tried counting sheep, and have reached the nine hundred and ninety-ninth and are still awake? Well, get out of bed, but be careful to cover it up so that it keeps warm and cosy for you, and walk round the house for a few minutes so that you get quite cold. The welcoming warmth of your bed will probably send you straight off into a dreamless slumber.

Rest! It is only a little word, but it is so important to one's health and physical well-being that I am sure you will agree with me that half-an-hour a day spent in resting is worth all the bottles of tonic on the market. So try it out today.

While the Log Burns . . .

"The Farmer's Wife"

—By Anne Earncliff Brown

SURELY a book with a name such as this will need no recommendation to my readers? The very name itself should be invitation enough. "The Farmer's Wife." Well, here is a book about the farmer's wife, and written by a farmer's wife—someone who has the practical understanding of human nature, coupled with the eyes of a poet for seeing and capturing beauty. Anne is the typical farmer's wife, and she recounts her experiences, her joys and sorrows, and her impressions just as they have occurred to

How Do You Index Your Recipes?

EVERY housewife has her collection of recipes—recipes that have been gathered over the years, from friends, and culled from newspapers and magazines. Most of us have our pet recipe books, wherein we have copied these treasured recipes, but after a while, with the additions that are always going on, even the most methodical person finds that the book has somehow outgrown itself in some sections, while other places are quite empty.

I'll tell you what I do—you try it, and I'll be more than surprised if you aren't delighted with the result. Next time you are in town, go to a commercial stationer and buy a small tickler box with an index and ledger cards. If you know anything about bookkeeping, you will know exactly what I mean, but if you don't, then just ask your stationer, and you will soon be enlightened. You will find the index cards are labelled with letters of the alphabet—that's no good to you. Turn your index cards round, so that you have the blank back on which to write. You will know best how to label them—sort them into sections such as cakes, biscuits, scones, sweets, savouries, soups, meats, jams, sauces, pickles, etc.

The cards you buy will have ledger rulings, but if you are writing your

recipes by hand you can ignore the red lines on the cards, and if you are pasting newspaper cuttings they won't worry you at all. Keep your recipes alphabetically under the various headings—you will probably find you can paste quite half a dozen recipes on each card.

This system has ever so many advantages. When you are cooking you can just take out the card you want, and prop it up before you. You will find that you always have enough room to enlarge the different sections as they grow, and it is so easy to refer to your favourite recipe when you want it in a hurry.

Be sure to get a good quantity of cards when you make your purchase—you may find it difficult later to get cards to fit if you don't start off with a good supply.

You may find the initial outlay a little greater than if you invested in a blank recipe book, but I can assure you that it is money well spent, for it is going to save you ever so much time over a period of years in searching for what you want when you want it. So off to town, and I'll be surprised if you don't sit down the minute you are inside the door again to start off your box system of recipe indexing. Try it! I can recommend it.

her. There is beauty in farming, and Anne has found it. Just listen to her Farmyard Fugue:

"If I were a poetess I would break into a rhapsody. The sun is making a glory of the gorse, and in the peach and plum orchard the bees, golden dusted and drowsy, zoom forth their Sunlight Sonata. Beneath the plum trees fallen blossom lies in drifts. Then a chill wind blows up from the east, and I listen, in a rain of peach bloom, to a Farmyard Fugue: the bleat of lambs, answering the deep note of milk-laden ewes; low mooring of cows, syncopated by the barking of a dog, the hoarse bass of the bull—all rising in a crescendo to a finale from the barnyard cock."

In between her "bits of beauty" and conversations with her friendly neighbour Martha (we all know a Martha like this one) the author gives us recipes to experiment with, hints to use, and lots of information about farms and farming which should appeal to every one of you.

I'm not going to tell you very much more, except to say that to own this book is a pleasure which will be everlasting, for it is one of those companionable books that can be picked up

just now and then, and enjoyed for a few minutes, and then be put aside till the next opportunity arises for a little leisure. But I must not close without saying a word or two about the splendid photographic illustrations, which add greatly to the enjoyment of the book.

I will finish by quoting a little piece from the author's prefatory note—and I know it is a book you will enjoy because it was written for you by one of you.

"As long as men and women till the soil they will have joys and disappointments, exciting days, and days of gloom. I do not know how frankly I have faced all this and how successfully I have set it down, but if I have made you aware of the consolations of the 'Good Earth' I shall have justified, in some measure, the twenty years of my life as the wife of a farmer."

