



THE

Good Neighbour

BY MARY

From Me To You

IN my cutting book I have a piece by an unknown author, which I have been wanting to share with you for a long while.

"A modern wise man was once asked if he believed in luck. Here is his answer, and it is worth cutting out and pasting in your hat!

Do I believe in luck? I should say I do! I have watched the successful careers of too many lucky men to doubt its existence and its efficacy.

You see some fellow reach out and grab an opportunity that the other fellow standing around had not realised was there. Having grabbed it, he hangs on to it with a grip that makes the jaws of a bulldog seem like a fairy touch. He calls into play his breadth of vision. He sees the possibilities of the situation, and has the ambition to desire them, and the courage to tackle them. He intensifies his strong points, bolsters his weak ones, cultivates those personal qualities that cause other men to trust him and to cooperate with him. He sows the seeds of sunshine, of good cheer, of optimism, of unstinted kindness, he gives freely of what he has, both spiritual and physical things.

He thinks a little straighter, works a little harder, and a little longer; travels on his nerve and his enthusiasm; he gives such service as his best efforts permit, keeps his head cool, his feet warm, his mind busy. He doesn't worry over trifles. Plans his work ahead, then sticks to it—rain or shine. He talks and acts like a winner, for he knows in time he will be one."

"And then LUCK does all the rest!"

There, did you enjoy it? I knew you would. Luck is all very well, but it needs a lot of help from ourselves to bolster it up into being of practical use to us. Don't envy those folks you always think of as being lucky—study them closely, and find out for yourself just why they are lucky. It is not a fluke—it is usually hard work and solid application

to the job in hand that has made them successful in whatever they have undertaken to do. And determination—that's a quality that counts where luck is concerned. The man or woman who possesses a dogged determination to succeed is the one who usually succeeds in the long run.

Now that we are well into the New Year, could I ask one thing of you? It's not a very big request—but with a lot of people it has become a habit that causes untold worry. And worry is the greatest enemy to success that I have met. Here it is: Don't cross your bridges until you come to them. It is an old saying with a wealth of truth in it. How many of you spend endless hours worrying over troubles and events which never come to

pass? Now own up—I am sure that every one must confess that at some time or another they have committed this fault.

You don't get anywhere by worrying over events before they come to pass—instead you weaken your powers of resistance so that often if the worst does come to pass you are not fit enough to face events with a sane mind and clear head. So paste it in your hat, along with the cutting about luck, and I am sure you will not regret adopting it as your New Year motto: Don't cross your bridges until you come to them.

Mary



Tea is Rationed

the same amount of essence as of milk, and fill with boiling water.

I THINK we are all feeling the pinch a little now that tea has been rationed for quite a number of months, and here are one or two hints I have found useful in making my ration of tea go further.

This recipe for tea essence is a good one, provided the folk take sugar in their tea. Put a teaspoon of sugar with every $\frac{1}{2}$ lb. of tea. Five minutes before the tea is required have the teapot hot, and put two heaped dessert-spoonfuls of strong tea into it, and cover with a breakfast cup full of boiling water. Let it stand about three minutes, and then pour the liquid into a small glass bottle and cover. Then fill the teapot up with boiling water again, and it will do for three or four cups. You may use the essence whenever you want to make a single cup of tea, for being very strong it may be used as coffee essence—put into a cup

In canteens this method is used extensively. Bring the required quantity of water to the boil, then add the tea. Try half a pound of tea to four pints of water, or 2 oz. tea to half a pint of water. Just bring to the boil again, and add a little cold water, allow to stand for five minutes, and then strain gently and bottle. Leave the bottle uncorked, and use as required by adding boiling water.

Ever warmed your tea before you use it? Roll it out on a sheet of paper with a rolling pin, being careful not to roll it to dust, place on an oven tray, and put in a warm oven for ten minutes. This brings out the full flavour of the tea, and makes it go twice as far as normally. The oven must not be too warm, and don't replace the tea in the caddy until it is quite cold.

Try these hints out, and see if your tea lasts any longer next month.