

YOUR HEALTH

A DAY WITH FELY BRIGHT

By D. T.



I know someone by the name of Fely
A girl so cheerful, so bright, and healthy,
A girl so neat, so clean, and orderly,
That everyone loves her very dearly.

Fely Bright at six o'clock gets up
Brushes her teeth, and takes a bath
Puts on her clothes, and with a laugh,
Her things for school she tidies up.

To the breakfast room she merrily skips
Where awaits a breakfast of rice, fruit, and
milk.

It is a joy to watch her as she cheerfully eats
And chews her food well and is nice and
neat.

At half-past seven she bids her mother
good-bye,
Promising to be good and kind, yes, she shall
try,
Then off to school she happily goes
Looking both ways as each street is crossed.

At eight she quietly marches to her seat
Sits back to back, very prim and neat.
To her teacher's talk with interest she lis-
tens,
And does her work with much diligence.

At dismissal time, she starts for home
Never lingering on the way, you may be
sure.
She eats her lunch and back to school again,
She is never late. She is always on time.

At four in the afternoon, Fely happily
plays,
For well she knows, that plenty of exercise
Helps make her healthy and very wise,
And cheerful, and active, and very nice.

Directly home, at five she cheerfully goes
And for her mother dear, she does some
chores,
At supper time, a very happy hour,
She eats food that gives health and power.

The evening is such a happy time
She prepares all lessons, yes, Sir, every line,
But when the clock strikes half-past eight
She washes herself and brushes her teeth.

Before the clock strikes nine, she changes
her clothes,
And her bedroom window, wide-open she
throws,
After saying her prayers, she drops off to
sleep
To dream sweet memories in her slumber
deep.

MAKING MOTHER BEAUTIFUL

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Mechanically, he rose and led Mother to
her place.

"Mina," Father said proudly, "your
mother is more beautiful now than when
she was young."

Mother's eyes sparkled.

"Mina caused the change, Dear. She has

been doing most of the house work. I can
find time now to rest and pay attention to
my looks."

"It is because of the pink *terno*, too,"
Father thought. It occurred to him that
he had not bought new clothes for Mother
for many years.

"My mother is beautiful. Flora is
right," Mina thought.