

1933

EC5503 Are You Tired of Yourself?

Clara Ingram Judson

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

Judson, Clara Ingram, "EC5503 Are You Tired of Yourself?" (1933). *Historical Materials from University of Nebraska-Lincoln Extension*. 2771.

<http://digitalcommons.unl.edu/extensionhist/2771>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

EC 5503

AGRI

S
85
E7

5503

Nebraska

COOPERATIVE EXTENSION WORK

IN AGRICULTURE AND HOME ECONOMICS

Extension

Circular

5503

1933

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

ARE YOU TIRED OF YOURSELF?

Mrs. Clara Ingram Judson

Now, of course, home is a lovely place to stay. But there is something about mid-winter that sometimes shows up a homemaker, to say nothing of her home, at its very worst. There are so many dark days when it doesn't seem worth while to burn lights to see to clean; then all of a sudden, a bright day will come along and heavens! the dirt! The curtains are grimy, the windows none too bright, the rugs are not what they used to be and the stair carpet is beyond words. Everything that on a dark day is not noticeable shrieks at you until you cannot forget it. Buttons are off, stockings need mending and there is a pile of skirts to patch that will furnish uninteresting labor for many an hour. No need to prolong the agony by telling you more about it--you all know the mood I mean--ask any homemaker!

Of course, the real trouble is not with the stair carpet or the windows -- it is with ourselves. That carpet was worn out last summer--and it did not matter. The windows and curtains are only a bit more grimy than a month ago and you did not worry about them then--the real trouble is with ourselves--we are tired to death of US!

Now if we could only go away! Where would you like to go--to a sunny clime--where you wouldn't have fires to keep; to a lovely hotel where meals just appeared; to a desert island, perhaps, where there wasn't a person to ask you to do anything! While we are imagining we might as well do a good job of it and pretend that we bought new clothes--lovely impractical ones--and new luggage and went off and stayed until we wanted to come back. Sounds wonderful, doesn't it?

But there is a catch to it somewhere--I knew there was going to be! All those new clothes I imagine getting would have to be worn--by me. The only company I would have to frolic with--would be me. And the person I am most tired of--is me. I don't know how you are, but I am just sick of myself sometimes!

Now of course it is fun to fancy a trip (and naturally it is fun to take one) but when you come right down to it, you realize suddenly that our trouble is not geographical, but very, very personal. Instead of changing the setting--at great trouble and expense--couldn't we change ourselves? Did you ever try it?

What sort of person are you, anyway? Most of us homemakers rather fancy ourselves--if the truth must be told--as nice people. We are conscientious, painstaking, devoted and faithful and I must confess that it is probably a pretty good thing for everyone that we are. But the thing can be overdone. Truly it can. Suppose we stage a grand flop and see what happens--it is just possible that the world will not come to an end over night.

Suppose that you have been working day and night--so to speak--cooking for your family and cleaning and sewing. Well, stop it for two days; exactly two days. Feed them from a can (or let them feed themselves) and forget the dirt.

And do not apologize--that completely spoils the fun. Just let it happen and say nothing. You say you couldn't do that? My goodness, but you do need a change! And a little injection of moral courage, too. Now of course, we might as well admit right here that you may find your kitchen in a mess at the end of two days and you may have to houseclean but if you have stuck to your resolution, you will feel like a new woman, and anyhow, I always did think that a real muss was more fun to clean than any little day-to-day affair.

Take your two days and do something different. If you want to stay in bed--stay there and do not let anything short of the house burning down get you out. If you want to gad about, go. Do something--I don't care what-- that you want to do and think you can't. I sometimes go to the Aquarium in Chicago when I get too tired of myself. The fish seem so comfortable and happy; they do not even know of such a thing as a depression. They get their living just by being fish. There ought to be a moral to that somewhere. And I have not the slightest desire to be a fish. I would much rather be a human with all my troubles, and that is a great comfort to me. Do something out of your usual round and do it hard. Even though it wears you out, you will be glad--afterwards.

If you are one of the women who work hard at organizations and such, stay at home for your change. Clean closets and mend stockings and tidy drawers. Have a cup of tea at four o'clock and loaf a while. Even though you live all by yourself, stay at home all day and see what home is like. Write letters--your friends may be surprised to hear from you, but they will be pleased, too, and letters are lots of fun to write, only be sure you put something agreeable in them, not just troubles.

You might even change children for a day. You keep house for your best friend and she for you; it is loads of fun and you will be surprised to find how charming your own family is after you have spent a whole day with another.

Change your house about a bit. There seems nothing to be done about a worn stair carpet except paint the holes with dye (I do that and it works wonderfully) but you can change the arrangement of furniture, use different dishes and menus. Give your pet bird to a neighbor for a day, maybe she wishes she had one, who knows?

And above all, stop thinking you have to do things and, for two whole days, think of what you would like to do--and do that. If you have decided to vacation at home, see that the house is well aired and that you take an hour's out-of-door exercise each day. Nothing makes Homemaker Blues so quickly as stale air and nothing blows away mental cobwebs more quickly than a bit of brisk out-of-door exercise--a run with a sled, a walk to the corner. Do not huddle where it is warm--get out and put your own heat-making machinery to work at top speed. Do not talk or even think about your troubles--you can drop them if you will. Nothing makes a person get to self-pity more quickly than continual thinking over and over and over of problems. Drop them, and then, after you are refreshed, look at them with new eyes and maybe you will think of some way to solve them -- it works lots of times. Think of your dreams--look at the stars--they are up there, all the time, only sometimes we get so busy we do not look.

And above all, do not feel guilty or selfish. Be different with a zest, with a whole heart. Please yourself and see how you blossom out. You
11946a

will be a much nicer person with whom to live. I cannot imagine anything more wearing on a family than living day in and day out with a person who is always unselfish, always helpful, always thoughtful, always right. If we really were that (as we sometimes think we are) it would be a crime. It would not give the family a chance to be unselfish and thoughtful themselves. Let us step out of the spotlight now and then and give the others a chance. They may be surprised; they may have forgotten how, if you have spoiled them. Well, whose fault is that? Don't comment! Don't back down! The change will be good for the family --and marvelous for you!

Rest. Beautify yourself. Take a leisurely bath, use cold cream, fuss with your hair; make yourself as easy to look at as possible. Have some fun and admit to yourself that it is fun and that you have not forgotten how to enjoy life.

Then, if you do, you will suddenly discover that the world is not so hopeless after all. That you have a few good points yourself, besides being a cook, you had quite overlooked. You will enjoy your own company; you will catch yourself looking at the new hair-do in the mirror and humming a tune as you peel the potatoes for dinner the next day. It will suddenly occur to you that stair carpets are not so important in the plan of life as people and that will mean that you have discovered your sense of humor and with it, your joy in the daily task.

Would you change jobs for keeps? Not I! Not you! Homemaking is my favorite business! And yours!

"Much as worthy friends add to the happiness and value of life, we must in the main depend upon ourselves, and every one is his own best friend or worst enemy." - Lord Ebury.

"The greatest happiness of life is the conviction that we are loved, loved for ourselves, or rather loved in spite of ourselves." - Victor Hugo.

"So long as we love we serve; so long as we are loved by others I would almost say that we are indispensable; and no man is useless while he has a friend." - Robert Louis Stevenson.

"To make the world a friendly place
One must show it a friendly face."

"This matter of friendship is often regarded slightly as a mere accessory of life, a happy chance if one falls into it, but not as entering into the substance of life. No mistake can be greater. It is, as Emerson says, not a thing of 'glass threads or frost-work, but the solidest thing we know!'. - T. T. Munger.

"Be true to your word, your work, and your friend."