

**MEAL TIME SHOULD BE SUNSHINE TIME—SAY
CHEERY THINGS, LOOK CHEERY, FEEL CHEERY**



Do Your Best to Start the Day Right

BY CAROLINE COE

Bring sunshine into the dining room. Insist on the family being pleasant and happy at meal time. It is easy to leave "the grouch" outside

if we but think so. Simulate the sunbeams as far as you can.

If possible have your breakfast table set in an orderly manner every day, even if you are such an over