

SARAH CHILD  
**All In  
The Family**



After nine years of marriage I am finally learning something about keeping house.

Not much, but something.

The trouble was that for the first seven or eight years I kept believing the experts who write for women's magazines. When they said that organization was the whole key to a neat and lovely home, a contented husband and thriving children I swallowed the whole thing, clothes, tubs and wringer.

Even some acquaintances, perfect to the point of waxed garage floors, and ironed dust cloths threw me a few curves.

Make a schedule and keep it, they reiterated.

That, of course, threw me because I've never yet been able to follow a set work pattern. I may not have to go where the wild geese go ala Frankie Lane, but anything and I mean anything takes precedence over housework.

I figured my career as a hausfrau was going to be forever unhinged until I came across a couple of lines in a book.

The author grew up on a Wisconsin dairy farm and in the fall, hired hands would swell the already large number around the table. Noonday meal was a huge one and she and a relative had been playing a word game when they realized the men would soon be coming in and the dinner was not ready.

"Quick," said the relative, "set the table," explaining that it would allay the men's fears. The lesson was clear: a table set with dishes looked promising. A bare table would reveal all.

I began to understand. A successful homemaker is not necessarily organized. She is, instead, resourceful, clever and innovative.

Camouflage, subterfuge — even deception are her tools. The housekeeper held up as a paragon by her peers is one who knows the right answer to the question:

Which is more desirable, a freshly scrubbed floor that still looks dingy or a gleaming linoleum whose pattern does not show dirt?

The realization that I was on the right track was further impressed upon me when a friend came in and sat down for coffee.

She listened to me moan about the condition of the cluttered kitchen for a half second and then interrupted.

"Silly Woman! clear off the counters. It doesn't make any difference what the cupboards look like inside. Stuff, push and jam but get the litter hidden."

I thank Lois profusely for this advice about twice a month but she always waves me airily off explaining that the tip was given to her as a young bride. I happen to know Lois doesn't have a stuffed or jammed drawer in her

house but I love her for pretending she does.

When we built this house I was adamant about having enough windows and the proper southern exposure so I could have light, light, light. I couldn't understand a friend whose house was always dim. Large windows were masked with heavy curtains. Wattage in the lamps was low. I finally figured it out without asking her. It is very difficult to see a layer of dust in a poorly illuminated room. A heavily curtained window will not reveal rain, streaks or fingerprints.

I have learned a few tricks myself. The most important is get a two-story house. That way nobody can tell if you made the beds. Secondly, keep a new set of underthings for your husband in your dresser. When he complains some morning that he's all out of socks hand him a new pair and tell him you bought him a present. Remember, resourcefulness is the word.

## Resist Fear, Pope Tells New Priests

Vatican City (RNS) — Pope Paul told a group of new priests that they should never entertain doubts about their identities as ministers of the word of God.

At the same time, the pontiff told the priests, whom he had ordained in a special ceremony, that they should banish "uncertainty" about their abilities.

"Fear not," the Pope said. "A characteristic temptation of the present day is that of fear, uncertainty and doubt, doubt about one's own ability and identity."

These fears, uncertainties and doubts, he maintained are "unfounded."

The Pope ordained the 38 young priests in a Mass on the Feast of the Epiphany in St. Peter's Basilica, his first public appearance outside his apartment since he became ill with the flu 10 days earlier.

Among the new priests representing 16 nations were two from Yugoslavia, four from North Vietnam and three from South Vietnam.

All the new priests were educated here by the Congregation for the Propagation of the Faith.

In his address, Pope Paul spoke of the difficulties that will face them when they venture out into the mission countries where all those trained under the auspices of the congregation eventually serve.

"Keep intact your consciousness of being priests," the Pope said. "Fear not."

"The inadequacy of human strength in face of the greatness of the task justifies this exhortation, and it is directed towards all who have received priestly ordination," the pontiff explained.



### A Check for CCD

Representatives of parish organizations at St. Christopher's give Father Elmer McDonald \$2,436 raised in a joint effort to augment the CCD budget. From the left are Jim Sedita, Jim Carroll, Gerry LePage, Sister Elizabeth Hughes, John Englert and the pastor.

## Mental Health Commentary

By THE DE PAUL CLINIC

I am 40 years old. In the last three years, I have been depressed after the holidays. I have been told it is due to the long winters. Would moving South help?

It is an interesting phenomenon that the psychiatric bed availability in our Rochester Hospitals is usually good in the last week of December, but soon thereafter, beds become scarce. This year, by Jan. 8, there were 26 people on the waiting list of one of our two general hospitals having psychiatric inpatient services. Based on past experience, this list will probably increase during the next month and continue on at a high rate until spring.

One explanation is that the holidays are a factor in causing depression. Sometimes the terms "Christmas Depression" and "Scrooge Syndrome" have been used to describe it. The leaden skies of this area in late fall and winter do not help but cannot be blamed per se for depression, although sometimes they may contribute by confining people in their homes more, thereby reducing social contacts.

One recognized cause of repeated depression at a given time of the year is the "anniversary phenomenon." Some of us may associate a time of the year with painful memories of an unhappy event in our lives, such as the loss of a loved person. As the anniversary of the unhappy time approaches, depression may begin. The degree it reaches may be mild to severe, sometimes requiring hospitalization. Current life experiences may contribute to the depression. The anniversary type of depression is not usually helped by moving South.

Have you considered professional help?

Questions on children's mental health should be mailed to: Mental Health Commentary, Courier Journal, 67 Chestnut St., Rochester, 14604.

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Wednesday, January 17, 1973