

# Modern Nations

While I adore a break from my life's familiar landscape, I've also found that a change in scenery makes everything left behind seem more vibrant and cherished upon return. This month is all about the globetrotter and the gift of a new perspective, both at home and away. We've consulted our trusty vintage sources for fresh ideas for all of your modern travel needs this month, down to the smallest details, so you can be sure to take in the sights in high style.

Travel became a major source of excitement for people with the introduction of the railway, when daytrips to the coastal seaside became popular. A whole culture emerged around this new leisure, with seaside clothing and accessories becoming must-haves for the fashionable woman. To pack for your summer vacation, consult the *Department of Good Looks*, which has nothing short of the definitive checklist of wardrobe and beauty necessities for the traveling gal. The woman who traveled by automobile surely needed the perfect scarf to hold her hair in place, and the brave sea voyager absolutely required a darling and functional hat for the windy deck (see *Department of Millinery* to make your own). And staying cool and looking stylish don't have to be mutually exclusive—see this month's *Magic Pattern* for some simple tricks of the needle and thread to fill out your summer wardrobe.



Something to remember is that the vacation attitude can be practiced throughout the year—taking time to smell the flowers can mean a chat with a neighbor or a jaunt through the local park. As I sit overwhelmed by my full plate of projects and my recent commitments that required traveling three weeks in a row, I realize that what I am missing in my life right now is play. This chapter reminds us how important down time really is—and how unhealthy it is not to

make space for what should be high on our priority lists.

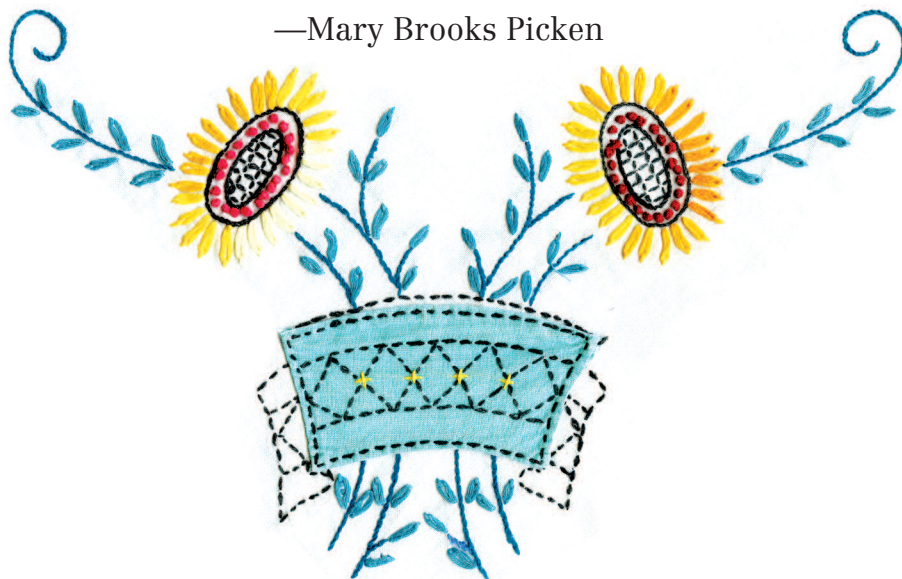
This month's departments encourage us to get ready on the spur of the moment for an impromptu picnic with friends and family, a time to relax and enjoy each other—suggesting that we linger over an evening bonfire where we can roast marshmallows. Even if you only get as far as your own backyard this summer, make it a getaway worth writing home about and one that rekindles your creative spirit and reenergizes your body for the busy days ahead.

Yours,  
*Amy B.*

# AUGUST

*Play makes for better work and easier work, for in reality, healthy playing is cooperating with oneself toward a better expression of life and love.*

—Mary Brooks Picken





# A Thimbleful of Fun



# A Little Recreation Now and Then

by Mary Brooks Picken  
*Inspiration*, July/August 1924

The days in summer, when even the lanes, let alone the asphalt, send up their rays of heat, make us all feel that we would like to be lazy. And, after all, why should we let our whole plans of living be upset just because of a few hot days? It is poor management that keeps one in the kitchen the whole of a hot afternoon. It is poor management that keeps one two hours getting dinner. It is poor management that prevents one from having happy afternoons outside and outings now and then. And poor management comes chiefly from lack of foresight.

Some folks go, year in and year out, on a routine schedule, taking the days as they come and using all the time they have in just "doing the work." Summer time is a good time to get out of such a rut. Put a little novelty in the day, find a way to have appetizing foods without spending the whole day in the kitchen, and plan to have smart and attractive clothes without taking weeks to make them and hours to launder them. Every woman should complement herself by being her own efficiency expert and should plan her days so that she can have a little recreation now and then.

There is no tonic so good as to forget the habitual plan and hurry for a trifling cause, such as, for instance, getting ready on the spur of the moment for a careless little jaunt or picnic with the children. Try it sometime and see for yourself how happily comfortable your heart will be when, after a day in the open, you pull your tired muscles into bed and declare that you really enjoyed yourself better than you thought you would.



So long as we are interested in other folks, we can have a good time ourselves, for they will be glad to join with us in planning joyful, innocent fun that helps in keeping us well and happy. In the Winter, we have books, pictures, concerts, and indoor visits to keep us alert and interested, but all of these things seem rather like canned vegetables in garden time when in Summer we have the mountains, the forest, the streams, and even the stars bid us visit them. It's a good thing to feel, once in a while, as did Eugene Field when he wrote:

*It seems to me I'd like to go  
Where bells don't ring nor whistles blow;  
Where clocks don't strike and gongs don't sound  
And I'd have stillness all around—  
Not real still stillness, but just the trees'  
Low whisperings, or the hum of bees,  
Or brooks' faint babbling over stones  
In strangely, softly tangled tones.  
Or maybe a cricket or a katydid,  
Or the songs of birds in the hedges hid,  
Or just some such sweet sounds as these  
To fill a tired heart with ease.*

