

QUEEN OF THE TURF

A KENTUCKY WOMAN WHO PERSONALLY MANAGES A STOCK FARM.

Keeps Her Horses and Has Saved Her Husband From Financial Ruin—Her Methods in Training—Names All the Youngsters and Makes Large Winnings.

Mrs. Ella Offutt Pepper, of Lexington, Ky., is the most noted woman on the American turf. Every one interested in horses, and a great many who are not, knows the story of her picturesque career. The following interview with her will, therefore, attract widespread interest and attention:

Mrs. Pepper is the wife of Col. James E. Pepper, the well-known distiller and turfman. She tells the story of her experience with thoroughbreds in these words:

"I went into the thoroughbred business," said Mrs. Pepper, "by force of circumstances. We had this fine farm here. We had spent a great deal of money in fitting it up. Col. Pepper was very busy with the business affairs of his distillery, and I told him

"I would take the thoroughbreds off his hands, and attend to them. The Colonel has spent fortunes in trying to win money with horses on the turf. He would come too much in love with his horses and would often place them where they did not belong thus destroying their chances of winning. I believe in estimating a horse that belongs to me as if he belonged to some one else. If my horse is a selling plate I can see it as readily as if he belonged to another, and I tell my trainer to keep him out of stake races in which horses of class are entered."

"As you know, we breed all the horses we race, something few establishments do these days. Science has taught, and it confirms the fact, that water is the first necessity of life. As each horse requires about eight gallons of water a day, I naturally regarded the purity of the water as of vital consequence. I found that the average stock water at our farm came from surface drainage and was, therefore, more or less impregnated with organic matter. I argued that horses to be healthy should have just as good and just as pure water as human beings, so I decided to drill an artesian well.

"At a depth of 200 feet we struck an abundant supply of the finest kind of water. I have had it analyzed and it shows the presence of lime, magnesia and iron—three constituents essential to the building up of bone and healthy muscle and tissue. I believe this excellent water had a great deal to do with the high class sown by my colts and fillies last year, and if the stable I send out this year keeps up the reputation of Meadowthorpe I will be positive that the water did it. Another thing which, I think, has much to do with the quality of our horses is the way we handle them. We do not do any forcing.

"When we finish the morning work of the two weeks we allow them to cool out carefully and then we turn them out to romp in the blue grass. They run and jump and seem to enjoy the freedom of the pastures. Before I adopted this natural mode of caring for young horses our veterinary bill was enormous. Some one of the colts was sick all the time. The young things had distempers, fevers, and everything else. Since I adopted the natural method, as I call it, we have had practically no sickness among the horses, and they seem to be much healthier, and capable of standing all kinds of weather without injury.

"I name all my own colts and fillies. I try to give them names suitable to their breeding, although I do not believe in stretching a point in order to combine the name of sire or dam."

Mrs. Pepper's winnings last year were about \$50,000 in stakes and purses, and she sold her horses in training for \$32,000.

Care of the Teeth.

A well-shaped mouth is often marred if the teeth are not in harmony. The proper care of the teeth is very important, for, if neglected, indigestion results, and this leads to pimples, wrinkles and the general spoliation of the complexion. Use a moderately hard toothbrush, and every morning after breakfast and before going to bed thoroughly cleanse the teeth outside and inside with soft water and a good powder. Rinse the mouth out also after every meal. Do not use dentifrices that contain acids, as they quickly destroy the enamel. Charcoal powder is good and acts as a deodorizer as well as whitening the teeth; moreover, it cleans them without injuring the enamel. The following is an excellent recipe which would be well to have made up, for it not only cleanses the teeth, but takes away any offensive taste or smell in the mouth: Two ounces of arca nuts (raw) pounded, five ounces of prepared arca nuts charcoal. Perfume with a few drops of essence of violets or any other scent you prefer. The soft liner portion of the cuticle should be used, as the hard, fleshy shell removes the enamel.

An Odd Mistake.

There is not a house in any civilized community that can be compared to Washington, D. C. The city was organized by the Supreme Court and designed by itself, and it was built according to his plans and specifications. When he came to move in, it was found that the structure did not

TO CURE ROUND SHOULDERS

It is to be Found in Proper Foods and Regular Exercise.

To cure round shoulders, says "a woman who knows," the best and most nourishing foods must be taken, as weakness of constitution or health is one of the first causes of round shoulders. You should take a strong iron and quinine tonic, and if it is cold weather when you begin the cure take cod liver oil as well. If this is apt to disagree take cream instead. You must keep regular hours as to meals and sleep, and have plenty of outdoor exercise, only without undue exertion. Walking is about the best exercise to take, although riding and bicycling may be indulged in when you are getting better.

You must be careful to sleep on a hard mattress, never on a feather bed, and you must take care that your pillows are not raised too much as this is apt to throw the head forward and add to the rounded shoulders, instead of making them any better. You must be careful always to walk straight and never lounge along the road. The way to do this is to hold the shoulders well back, the chin, in the air, to look straight forward on a level with your eyes, and never droop the head and go through life looking for possible plus on the ground.

On no account must you stoop over your work or reading, as this is bad indeed. If you are sewing you must sit in a low chair, and one that has a straight back to lean against. If by any chance you have to sit on a high chair to do your work, you must see that you have a footstool in writing you should either sit at a table which is the proper height, or you should always use a sloped desk, and in reading never hold the book on your knee, but hold it up and lean back or sit upright while reading.

You should often hold your hands behind your back and walk this way up and down a room or out of doors for ten minutes at a time, when you have nothing better to do. You must also lie flat on a backboard or the floor for several hours a day.

The Most Curious Sleeve.

Here is the most curious sleeve designed for fashionable women in many a day. And when past and present sleeves are considered, that is surely saying much for its novelty. It is the new dinner sleeve of the moment which forms an old-fashioned mitt when it reaches the hand.

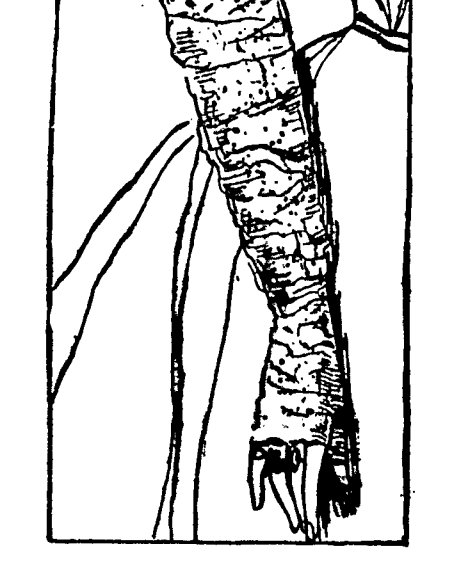
It answers the purpose of sleeve and glove in one, and is quite the fad of the hour for dinner wear, as it does away with the awkwardness of removing the glove from the hand when dining.

The most effective of these odd dinner sleeves are made of spangled tulle or net. The thin fabric changes loosely to the arm at a point which is shaped like a mitt of the days of our grandmothers. It just covers the knuckles, allowing the rings to show to good advantage.

WHITE SATIN TEA GOWN

The indoor dress shown herewith is of white Liberty satin. It is made in the princess style. The corsage is cut low and round, and is slightly draped on each side over a front of white mousseline de sole, across which is a St. Andrew's cross in English application insertion. Down the sides of the front run bands of bison fur, which are continued round the shoulders and down the skirt to the ground. The edge of the décolleté is ornamented with English application insertion, bordered with scalloped ruffles of white mousseline de sole.

The sleeves are full length, and descend very low over the hands; they fit tightly and are ornamented at the shoulders with a sort of drapery, forming jockeys, which are cut by the fur trimming. They are trimmed round the wrists with insertion and with gathered lace.

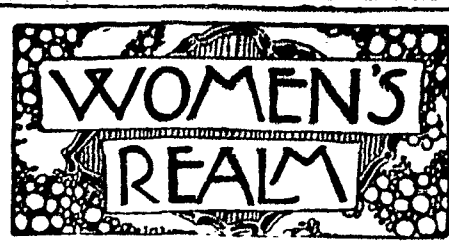


WHITE SATIN TEA GOWN

The sleeve does not reach to the shoulder, but, like many of the ultra-fashionable sleeves of the day, is suspended from it by a band of velvet or jewels. Just where the sleeve is attached to the bodice is a mystery to the uninitiated, but it goes without saying that it is attached and it is not necessary to put on one's sleeve first and one's bodice afterward.

Economizing Space.

A woman who investigated how the innumerable suits and jackets are taken care of in the shops where these are offered for sale discovered that the necessary economy of space comes from the use of metal rods upon which the garments are suspended by means of wire hangers. She promptly applied the same principle to her own limited supply of closet room, with the result that she is able now to utilize space that can be found in any clothespress, however small. From a near-by plumber she got all the gas-pipe tubing she needed cut in the required lengths. These were mounted in the closet by simply securing them on the hook boards, taking care that they fitted snugly between walls. Two or three dozens of the cheap wire hangers completed the closet outfit, and now suits and bodices, wrappers and jackets are kept within easy reach in compact space and in good shape. In particular is the groler shop closet, when thus equipped, found to be much more useful, for there may hang the reserve overcoats and heavy storm wraps of the entire household, which have heretofore often proved too bulky and unmanageable for it.



WHITE SATIN TEA GOWN

Full Explanation of This Pretty and Effective Indoor Dress.

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undersleeves, which fall over the hands. The skirt is long all round and has a short train. It fits very closely in the upper part, round the sides and back, the front being quite full. It increases gradually to about half way down, where it develops into gobs, extending to the bottom. The satin is ornamented with four rows of English application of equal width, which run round the sides in a downward direction, coming closer together at the back. The satin skirt opens over a broad gathered apron of white mousseline de sole over satin of the same color, which is ornamented with a St. Andrew's cross like that of the corsage, with the upper part prolonged into a square and the lower part running down to the bottom of the skirt. The fur trimming down the sides and back of the skirt. The waistband is of white satin, quite narrow, and is fastened in the centre, in front, by a large enamel buckle in the Byzantine style.

The Art of Crying.

"Very few women know how to cry properly," said a cold blooded observer, "but if they realized how potent tears are as a weapon they would spare no pains in learning to shed them gracefully. As a rule blondettes cry much better than brunettes. I call to mind, for instance, a very pretty little lady who was a litigant in court some years ago, and who went when a certain portion of the testimony was reached. As the critical moment approached her eyes began to swim. They seemed to grow larger and darker, and they took on a wistful and appealing look that made every man in the jury box feel as if he wanted to climb right out and hit the plaintiff with a club. Her lips were quivering and presently two great tears rolled softly down her cheeks. That settled it. I was foreman of the jury, and we were exactly a minute and a half in giving her a verdict. Now, if that had happened to some other woman, equally worthy, but of lighter complexion, the chances are her nose would have turned pink and her eyes would have assumed a slightly inflamed appearance that would have been—er—very damaging to her cause. If she had sniffed, as they usually do, I can't say what the result might have been. A woman who can cry artistically can have anything she wants. I'm surprised it isn't taught, like Delsarte movements."

Queer Things Given to Queen Victoria.

Among the most curious of Her Majesty's perquisites is her right to every whale or sturgeon captured on the coast of the United Kingdom and brought to land. Both of these perquisites date back to the days of the Norman kings, and it appears that in the case of the whale the monsters were divided between the sovereign and his consort, the Queen taking the head, in order that her wardrobe might be replenished with the whalebone needed for the stiffening of her royal garments. Another of the Queen's perquisites is a certain number of magnificent cashmere shawls, which are dispatched to her every year from the Kingdom of Cashmere. They vary in value, as a rule, from \$300 to \$1,250 apiece, and the Queen is accustomed to present one of them as a wedding present to every young girl of the aristocracy in whose future she is in any way interested.

Japan was originally civilized by way of China; to-day Japan sends scholars and men of science to instruct the Chinese.

TRAINING THE VOICE

DEVELOPMENT OF THE VOCAL CORDS A MATTER OF GYMNASTICS.

Instructions Which if Followed Will Ensure Good Results—Too Much Work Is Injurious—Something to Be Avoided—When and How to Study.

The training of the voice is a question of gymnastics even of pathology, says a well-known singer. The development of the vocal cords is as much a matter of gymnastics as the development of the arm or the leg or any muscle of the body. It would be impossible to give in detail a method that would fit all cases. You might as well try to train a painter by correspondence or expect a great doctor to treat and cure an illness without having ever seen the patient. The method of training must be modified in its application to each case. It must be adapted to special conformations in the individual.

But there are eternally true and important principles that must be observed in the training of the voice. I have seen them tried since my childhood in my mother's work. Through them I have heard small voices increased, ugly voices made agreeable, broken voices saved, the voices made marvellous and all trained to sing forever—unless some great illness rendered the singer entirely incapable.

What are the main rules that must be observed? First there is the omission of the sound. This must be by a precise but not shocked way of closing the vocal cords—what we call the attack of a single note. The sound must be definite, but not abrupt in its utterance.

In the second place there must be diaphragmatic breathing. The girl must breathe from the diaphragm. There is breathing from the upper part of the lungs, there is lateral breathing and there is diaphragmatic breathing. In the last method a full breath is taken, the diaphragm is pressed down and all parts of the lungs are inflated and the air is emitted in a full, firm column. The proper method of breathing is one of the very first things a girl must master.

A third important point is the training of the three registers in a woman's voice except in the case of contraltos, in which the third or upper register sometimes has not to be employed at all.

Nasal sounds must be avoided in singing. No must guttural sounds as well. A girl must never practice one register or some notes separately. This does not give uniform and proper development. She must never work quickly, but all work must be done slowly and with a full voice. The exercises in this respect must be exactly like every other muscular exercise—nothing but desired is to get a happy medium.

The pupil must not work much at a time. She must at first work by minutes, gradually increasing the time, but never singing more than half an hour a day with the full voice. Everything that can be done to improve can be done in half an hour's practice. Anything more merely tires, and a tired muscle never improves.

Always work with a full voice. Never hum and never shout. The musical part of the work should be with the brain only. Never study a piece of music with the voice. Study it with the mind only until you know it thoroughly, then apply the voice, and always the full voice.

Remember that the voice is not a wooden box, like a piano, but a marvellous instrument created by God, of our own flesh and blood, and that with it we can best give expression to the feelings of the soul.

Trousseau in a Washbone.

Probably the brightest idea of the holiday season was a brownie pen wiper of a new type. The idea came from Wisconsin, where it was found at a rural fair. The foundation for this novelty was a washbone from a hen. A little black wax was added to the sides of the top to add symmetry to the head and to each end of the bone to make it stand level. A ballet skirt was then adjusted, hanging straight down from the neck and embroidered around the edge. A poked hat of the same material, edged with beads, was fastened to the head, two beads stuck into the wax for eyes, and the whole bone-painted black.

The appearance of this washbone



WASHBONE TROUSSEAU

is then of a hen in the face, and a broad white binding ribbon how or necktie finish—if it nicely. The young woman who conceived the idea added much to its popular sale by pasting this little verse on the front as a sort of breastplate:—

Once I was a washbone
And grew upon a hen;
Now I am a little slave
And made to wipe your pen.

She put about half a dozen of these upon the market about two weeks before Christmas, and there were so many demands for them she had to get help, and finally sold more than a thousand, with large profits to herself. The girl with the bright idea made enough money to buy herself a trou-

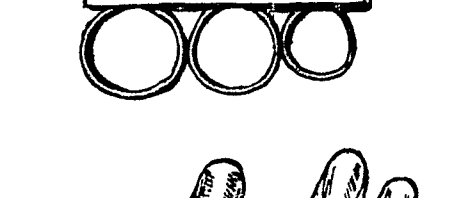
MOST REMARKABLE RING

Was Originally Made for a Hindoo Rajah and Cost \$27,000.

The most remarkable ring in New York is owned by Mrs. Clarence Mackay. It cost \$27,000. It is the only ring of its kind in America. It was made originally for a real Hindoo Rajah.

This new addition to her collection is really three rings in one, and is a copy of an ancient Hindoo ring of a Rajah of Peshawar. Not so long ago, however, it was owned by a Hindoo Rajah, whose financial condition forced him to part with it.

The ring is heavy and massive, and the old yellow Chinese gold setting most curious. There are three rings almost invisibly attached to each other, but so arranged that one can



MRS. MACKAY'S HINDOO RING.

not be worn apart from the others, and each ring has to be worn on a separate finger. In the centre of the middle ring is a most superb ruby, which alone is valued at \$15,000. Below and above the ruby are emeralds of exquisite color, which are a trifle taller in size than the matchless ruby, and at either side of the ruby are beautifully cut diamonds. Altogether the gold setting holds five gems. In length the ring measures two and a half inches, and it is one and a half inches high. The setting is most curious, and in itself is a work of art. It is delicately carved with tiny dragon's head, while around the edges are the gleaming pointed teeth. The jewels are set at the back so that the ring may be easily cleaned.

To Keep Clothes New.

Garments hanging in a wardrobe or folded away in a drawer should be frequently taken out, shaken and aired, while those which are in actual use ought at night, or whenever the wear or changes them, to be carefully passed, so that they may not be soiled and crushed. The adoption of this simple precaution will prevent the rapid wear and tear which make clothing look old while it is still in reality new. The neglected frock or coat shut up in a closet and forgotten for weeks may easily be a prey to the moths, and the gown which never sees the sunshine emerges from its seclusion subtly the worst for wear, though it has not been worn.

Woe to the reckless person who never brushes his clothing when he takes it off at night and who tosses it hither and yon or throws it down in a heap in his hurry to be rid of it. He will go about with an air of having slept in his clothes and will appear at a manifest disadvantage when compared with the neat and tidy individual to whom the clothes are a possession to be cared for and an acknowledged responsibility. Not, of course, a responsibility of the highest order, but still one to be considered and taken into account.

There is an art of the housewife which "gals auld clothes like amaist as gude as new," and he or she who regards this will see that loose buttons are fastened securely, and that trimmings are refreshed and renewed whenever they become soiled or limp. Care of detail in the daily mending and brushing, the occasional sponging and pressing, and, in short, the intelligent and systematic wisest economy, lessening expense in the end and adding to the refinement of pleasure which the wearer of good clothes is supposed to enjoy.—Harper's Bazar.

A Japanese Bride Tree.

At the birth of a Japanese baby a tree is planted which must remain untouched until the marriage day of the child. When the nuptial hour arrives the tree is cut down and a skilled cabinetmaker transforms the wood into furniture, which is considered by the young couple as the most beautiful of all ornaments of the house.

To Polish Furniture.

A good furniture polish that will remove spots and brighten the wood is made of half a teaspoonful of turpentine, two of sweet oil, and one of vinegar. The mixture should be applied with flannel and rubbed thoroughly.

Putting Away Silks.

Silks and ribbons should never be put away in white paper, for it contains chloride of lime, which will discolor them. Brown paper should be used for this work.

Wash Your Face.

As plants breathe through their leaves, and absorb air in this way, it is just as essential to keep them clean and free from dust as it is to wash your hands and face.



Household Talks

In the Bathroom.

The towels that should always hang in the bathroom are, first and foremost, the bath towels of the best quality and largest size. Then there should be the very fine damask towels, and also two or three towels of rather heavier damask. This face-cloth will often remove dust and dirt from the face where a sponge is practically useless. The number of sponges can only be decided upon by one's personal ideas, but there must be at least two—one large and one small. A much disputed question of the day is the soap. The fine French soaps are the pleasantest, but they do not agree with everyone's skin, and some people prefer the plain soaps. In fitting up a bathroom for a guest there must always be a fresh cake of soap in its paper wrappings. This soap can afterwards be taken, washed off and used by children or servants, but it is the height of rudeness to offer a guest any soap that has been used before.

The flesh-brushes seen in every well-appointed bathroom are of course private belongings.

Novel Use for Paper.

Crinkled Japanese paper may be used for decorative as well as useful purposes in the bedroom, dressing room or boudoir. It can be used to cover the tops of tables, shelves, &c., hanging down over the ends, and with its slightly ruffled edges it makes a most artistic appearance, especially when selected to harmonize with the wall hangings and draperies of the room.

I saw a very pretty boudoir and dressing room combined fitted up in greens and dull blues, which blended so well together, and the walls, ceilings, carpets, rugs and cushions were all of these tints in plain or blended patterns. Coverings of all shelves, tables, dresser top, &c., were of the same tinge of green, with the edges pulled out ever so slightly, and the effect was most pleasing.

An Artistic Room.

Books are the best possible ornamentation for all rooms. They are at once furnishing and decoration. In straight unbroken lines around a wall, however, they are sometimes too severe to suit feminine taste. If the



BOOKS AS ORNAMENTS.

shelves are built with breaks as are these in the illustration the effect is extremely graceful.

Moorish Tea.

Tea à la Morocco is made by putting the requisite amount of leaves in the teapot and pouring a small amount of hot water over them and immediately pouring it off again. This frees the tea from dust or any foreign matter which by accident or design, may have been mixed with it. After the first water has been turned off sugar is put into the teapot, one lump of sugar for each cup; the pot is then filled with boiling water and allowed to stand for a few minutes; neither milk nor cream is ever used; freshly gathered leaves of wild thyme or verbenia are often added to give flavor to the beverage.

To Wash Muslins.

To Wash Muslins and Flowered Cottons.—Wash in plain water with very little soap, then boil in rice water. Oriental washermen, having so washed muslins, would refrain from ironing them. All the requisite ironing would be done by means of a polished stone, rubbed gently over the slightly damp fabric. But this is too lengthy an operation, and if the muslins are ironed gently, with a piece of white muslin between them, they will not receive damage.

A Hint for Mothers.

Don't let the children get into a stooping position while eating. In their fear of spilling or dropping the particles they sit with their heads pitched forward and down between their shoulders, which looks badly, to say nothing of the habit of stooping, that is being formed. Teach them that the chest must be thrown upward and out at the table as well as on the street, and that their hands were made to carry food to their mouths and not their heads to drive for their food.

Worth Knowing.

Try steaming fowls instead of boiling and you will find that the meat is always tender and the fine flavor of the fowl is retained. To keep cakes fresh have large cake boxes or a stone jar always covered closely with a tight-fitting lid. When a child pinches his finger get him to plunge it into water as hot as it can be borne, as this will very speedily lessen the pain and prevent the wounded member from throbbing.

Keeps the Fruit Firm.

A little alum added to cooking fruits, liable to fall to pieces in the process, will keep them firm and whole.