VOCAL CULTURE.

Hints For the Cure of Thin and Throaty Voices — Speaking Voices.

The question of the importance of voice production very often arises for the singer, lecturer, actor, preacher or in the ordinary use of the speaking voice in private life, and its serious neglect in the cultivation of the placement of the voice.

In America education in this respect is seriously neglected from childhood, and in European countries it is a branch most emphasized.

In the proper study of a foreign language the necessity of pure diction is forced upon you, especially in France.

This is acquired not by following a grammar with your eyes, but by carefully acquainting your ears to the sound of other voices and your own.

The ears have to be opened to the sound of one's own voice.

Why should Americans allow it to be generally considered that their voices are thin and throaty? We have as beautiful vowel sounds as any other language.

They neglect the pure diction of their own English, and consequent placement of the voice.

Excuses are not allowed to-day for harsh or throaty speaking voices. It is certainly a neglected education.

A singer or speaker will be admired for the natural beauty or the quality of his voice and perfect enunciation, but he alone knows the difficulties he has overcome.

Sound is composed of irregular and regular vibrations, noise and music, and for this quality, freedom and resonance are needed. Sir Morell Mackenzie says: "Without artistic enunciation sound loses all its greatest charms." Singing is only a higher order of speech; words are the spirit and music the drapery.

It is important, though, that in speaking a musical note shall not be recognized to avoid making it sing song, not to speak in monotones of course, but with the natural variety of inflections for expression with flexibility and freedom for sound.

The close relation in speech and song when approaching the singing voice under the same methods of placement gives it sympathy in quality and character whether the voice is naturally pitched high or low.

To alter this peculiar quality would be as ridiculous as to change a contralto singer into a soprano or vice versa.

Many good singing voices are impaired by the bad use of the speaking voice, and care in children cannot be too strongly emphasized.—St. Louis Republic.

A Flower Lamp Screen.

A pretty and useful paper decoration may be made of a large full paper dahlia or two whole serving as a lamp screen. The flowers are made of three shades of pink or other col-

ored tissue-paper, the leaves being cut in three sizes varying an inch in circumference. When finished the flower should be twelve inches in diameter. The center is made of two shades of yellow paper, fringed, and the whole is arranged upon a pasteboard six inches in diameter. On this all the leaves are pasted or sewed, beginning at outer edge, after they have been folded so as to make them full. Cover the back with green paper. Mount on a small easel which will hold it at the proper height, or it can be fastened with wire at the lamp-shade. The easel should be long and narrow, and the flower fastened to the very top. Cut the easel from heavy cardboard or pasteboard, with three cross-pieces; strengthen, if necessary, with stiff wire stitched to the back of the card. Make a joint in the back upright by cutting and joining with a little piece of morocco or silk. Cover all with plush or gild as liked.

Cause of Headache.

Before consulting an occulist when suffering from persistent headache stop and consider whether it may be caused by some other trouble than overworked eyes. There are many causes for a headache. Be sure that the bedroom is well aired before retiring and that there is a good ventilation through the night. Do not remain too long in the sun in summer nor too much in a high wind in winter. Keep the digestion in good order, eat at regular intervals and do not stoop over writing or sewing too soon after meals. Take regular exercise and remember that overstudy is worse than too little. If possible in summer take the books or sewing out in the air where there is not too much glare; then the atmosphere of the house will be avoided.

To make cut glass glisten and sparkle it should be sprinkled with sawdust and then rubbed with chamois.

HOW TO INDUCE SLEEP.

Onions a Favorite and Harmless Remedy for Insomnia.

There are few of us who have not some time or other, suffered from inability to sleep, and have not tried every possible expedient to woo nature's sweet restorer. Most people, of course, have their favorite prescription for falling asleep. Some in imagination watch sheep jumping through a hedge one after another, others fancy they see ships sailing out to sea. The late Dr. Wilberforce used to repeat very slowly A, E, I, O, U—a vowel at each inspiration and expiration. Many doubtless have heard the midshipman who, when at home, could not sleep because there were no waves beating against the sides of the ship, and got his mother to imitate the familiar sound by dashing pails of water against his bed room door. We might observe, in passing, that this mother must have been a most self-sacrificing person not only to forego her own rest, but also from a strict sense of maternal affection, to risk the ruin of her household goods by the inundation. We own, therefore, to a little skepticism as regards the strict accuracy of this tale.

Be this as it may, a safe remedy for want of sleep, less original perhaps, than any of the above, but safer, almost to everybody, is nothing more nor less than eating onions. The late Frank Buckland once said: "Everybody knows the taste of onions; this is due to a peculiar essential oil contained in this most valuable and healthy root. This oil has, I am sure, highly soporific powers. In my own case it never fails. If I am much pressed with work, and feel I shall not sleep, I eat two or three small onions, and the effect is magical."—London Health.

Table of Proportions.

The following table of proportions will be found useful, and should be hung in every kitchen, in a convenient place.

A tablespoonful is measured level.

A cupful is all the cup will hold leveled with a knife.

One teaspoonful of soda to one pint of sour milk.

One teaspoonful of soda to one cup of molasses.

Three heaping teaspoonfuls of baking powder to one quart of flour.

Half a cupful of yeast or quarter of compressed cake to one pint of liquid.

One teaspoonful of salt to two quarts of flour.

One teaspoonful of salt to one quart of soup.

One scant cupful of liquid to two full cupfuls of flour for muffins.

One quart of water to each pound of meat and bone for soup stock.

One saltspoonful of white pepper to each quart of soup stock.

One teaspoonful of extract to one quart of custard.

One tablespoonful of extract to one quart of cream or custard for freezing.

One tablespoonful of extract to one plain loaf cake.

A pinch of salt or spice is a saltspoonful.

A few grains is less than a saltspoonful.

To blend seasonings sift them thoroughly together before adding them to mixture.

Four peppercorns, four cloves, one teaspoonful minced herbs and one tablespoonful each of chopped vegetables to each quart of water for soup stock.

Always wash the breadboard with cold water and soap if you wish to keep it a good color. A little silver sand added to the soap will greatly improve the appearance of the board, if it is discolored.—Men and Women.

Indigestion a Foe.

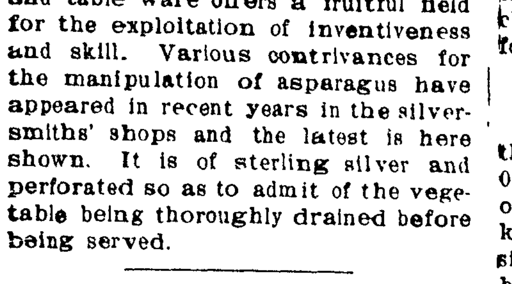
Indigestion is a foe to all things. If the stomach is ill at ease there is no peace anywhere in the system, from the brains, which are dull, to the feet, which are heavy. Great beauties eat very little, and what they do eat is of the simplest and most nourishing sort. While they never refuse delicacies, they do not eat heartily of them, reserving the appetite for the simpler and more nourishing viands.

Avoid Darkness.

Florence Nightingale declares that "a dark house is almost always unhealthy, always an ill-aired house. Want of light stops growth and promotes scrofula, rickets, consumption, etc., especially among children. People lose their health in a dark house and if they get ill they cannot get well again in it."

Dainty Asparagus Tongs.

Silversmiths no less than other trades folks and craftsmen must keep on the alert to bring out new designs



and table ware offers a fruitful field for the exploitation of inventiveness and skill. Various contrivances for the manipulation of asparagus have appeared in recent years in the silversmiths' shops and the latest is here shown. It is of sterling silver and perforated so as to admit of the vegetable being thoroughly drained before being served.

For Cuts and Bruises.

Melt together one pint of olive oil and half an ounce each of beeswax, an ounce of camphor and an ounce of powdered borax. This is excellent for cuts or bruised portions where the skin is taken off.

Blackberries are valuable in all cases of diarrhea.

CHINESE BABY.

What Happens in a Celestial Home When Child is Born.

On the evening of the first day after the baby has arrived the paterfamilias, according to the Chinese custom, prostrates himself before a joss, and, touching his head to the floor, voices thanks to the gods and to the honorable ancestors for the small son who was sent perfect of body and full of health.

On the evening of the second day the ceremony is repeated, and on the third day the voice of the wife joins that of the husband in thanksgiving. Also on the third day a limited number of relatives and friends are called in to witness the first head shave. The rooms of the home are decorated for this occasion with green branches of either fir, cedar or spruce, to insure longevity, or good luck, to the house.

Other ornamentations in honor of the baby are long silk threads bearing little circles, squares and hearts of gold and scarlet paper. These are festooned from the walls and are hung from the ceiling.

A few feet away the threads are invisible and the gay scraps of paper appear to be floating in the air. For the head-shaving the guests are seated in a semicircle before the joss. The mother is carried to a seat of honor to the right of the joss, and the baby, swathed in yards of scarlet and purple silk, is brought in on an elaborate pillow.—Leslie's Weekly.

A Work-Basket Made of a Hat.

Any little girl who wishes to surprise mamma with one of the prettiest work baskets she ever saw can easily do so by following these directions. First, get a grass straw hat, as seen

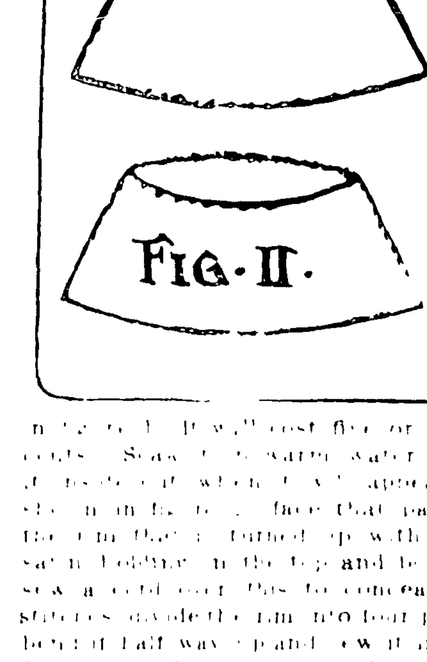


FIG. I.

FIG. II.

in fig. 1. It will cost five or eight cents. Soak it in warm water. Then, if needed, cut when it will appear as shown in fig. 2. Face that part of the rim that is turned up with pink satin, folding in the top and bottom. Sew a cord over this to conceal the stitches. Divide the rim into four parts, bend it half way up and sew it in the four parts designated firmly to the crown to form the four pockets, the stitches can be made invisible with a little pain. You will need just a half a yard of satin for the facing. A bow of pink ribbon is fastened on one side with three long ends. A little needle book, thimble case and emery made of the ribbon are attached to these.

Twelve "Dont's.

Don't worry the children.

Don't worry about them. Guardian angels still exist, even in the twentieth century.

Don't lose your temper with the children.

Don't give way when you have decided on any plan for them.

Don't leave them too much with the servants.

Don't repel their little confidences.

Don't get impatient at their most unanswerable questions.

Don't indulge them foolishly.

Don't forget to encourage them and praise their little efforts to please you.

Don't show favoritism, says Woman's Life.

Don't disagree about them. Their father and mother should always be in unison in their training.

Don't forget that they are God's children, lent to you for a season.

Love and Marriage.

Love and marriage have naturally deep and abiding influence over the thoughts of woman. When the last century was young early marriages were very common and a young girl was frequently a wife and mother several years before reaching the age of 20. Now it is an unusual occurrance for a girl to assume such responsibilities until well on in her twenties, or perhaps thirties, and a wise change it is, for upon considering girls of 15 and 16 at the present day it would be an open question as to whether they would be willing to forego all the joy and happiness which comes at no other period of life and settle down into the house mother. Let the girls play golf and tennis, let them row and dance, let them read and study and fit themselves for the greater work which comes with later years. Let their judgment mature and there will be fewer mistakes made in choosing a life partner and less cause for divorce.

Where Girls are Cheap.

China is the great slave country of the world. Of a population of 400,000,000 there are slaves to the number of 10,000,000. Every family of means keeps its girl slaves, and a man's position is usually gauged by the number he keeps. At any age from three to fifteen girls are sold, eight being the age at which most change hands. The girls are supposed to do housework, it being cheaper to buy than to hire. Slaves vary in price; $10 is about the average, but much depends on the girl's appearance. A good looking girl will fetch $20 or even $40.—Detroit Tribune.

MANAGING A MAN.

How Any Woman Can Make Herself an Adept in This Line by a Little Study.

If any poor little soul who feels her hold slipping from about the heart of the man she loves desires a recipe for bringing him back to her, let her set the family cat upon the hearthstone and study him. When she has attained a scientific knowledge of his likes and dislikes, his habits and idiosyncrasies, his faults and his virtues, she will have acquired the subtle art of managing a man.

A cat is not really a wicked animal. He is lovable in a way. But he has a complex nature quite different from that of the simple dog, whose affections are written in his eyes. A dog needs only to be loved. A cat must be very deftly handled.

A woman must the mistress of approaching a man as they do cats. Before marriage they attend him at their knees, carry their packages and sit at their feet.

After marriage they smother him with caresses and cling about his neck in a manner that would send the rest cat in the world scurrying away to freedom.

It is the woman herself who possesses the dog nature, long suffering, devoted and enduring. Possibly that is why she cannot understand the masculine cat. A dog loves his master, a cat loves his home. A woman loves her lover, a man loves the society of the woman who makes him most comfortable.

The strongest masculine love that the world has ever known has not been able to endure the strain of burned chops and curtain lectures, while the vainest and weakest women living will often stand up in the police court and fight for the freedom of the man who has been arrested for beating her. It requires a sixth sense in a dog or a cat or a man or a woman to understand each other.

A man, like a cat, may be coaxed; he cannot be bullied. The girl who attempts to attract a man by pursuing him with those obvious feminine attentions such as making love to his sister and inviting him to call when he has not thought of coming, in vulgar parlance "has his fur rubbed the wrong way at his head.

She is trying to charm him as she would try to charm a cat by catching it by the nape of the neck and stroking its fur the wrong way, or by throwing it a bone as she would fling a bootjack. The man, like the wise cat, is aware that she is trying to get a rod to descend upon him, and takes to ....

It is that subtle woman who ... the other way ... a ... them who ... from a cat ... a man who can wear a ... apparent ... the woman who makes the most of her own charms, but does not flaunt them ... the subtle class. A ... will always run after a ... if brought ... provided it is ... at the. Kate Clyde in Topeka State Journal.

A Few Laundry Lines.

Make your iron holder of asbestos cloth.

Table salt in the starch will help in the ironing.

A little borax in the last rinsing water will make handkerchiefs easier to iron and look better when done.

A useful thing to remember is that the iron will not stick to the clothes if the starch used has been mixed with soapy water.

Rub the irons with a cloth soaked in kerosene to prevent scorching. Frequent rubbing on sandpaper will keep irons from sticking.

Three ounces of borax and two pounds of sliced white bar soap dissolved in two quarts of hot water will make a splendid lather for washing clothes.

If you wash black stockings in a warm lather of soap and water, no soda, and add a little vinegar to the rinsing water they will keep a good color till worn out.

A Pale Complexion.

Paleness of the complexion is often one of the signs of anaemia, a complaint from which young girls very often suffer nowadays. For these an indoor life is exceedingly undesirable, and they should be out in the fresh air as much as possible. A course of cod liver oil and iron is beneficial, and the diet should consist of milk, farinaceous foods, etc., and a cold or tepid morning bath is excellent as causing better circulation of the blood.

Japanese Toilet.

Women have always aspired to be beautiful and have painted their faces and "tired their heads" since time immemorial and in all countries. The geisha of Japan changes the color of her lips three times in one evening and no little Japanese lady ever misses an opportunity of whipping out the rouge pot and mirror which form indispensable parts of her toilet.

After Cooking Lima Beans.

After cooking lima beans, take a few tablespoonfuls of them from the saucepan and mash them with a spoon. Add half a tablespoonful of butter, a little cream, and a quarter of a cupful of the water the beans were boiled in. Drain all the water off the beans and pour in the sauce. Stir, and let it boil up once before serving.

Delicate colored silks should never be laid away in white paper, as the chloride of lime used in bleaching the paper often draws out the color.

The woman who toils for a living always says she is proud of her position.

BABY'S OUTDOOR GARMENTS

Hygienic Petticoat Has Replaced the Old Style Ones.

Mothers did not think it possible some years ago to dress their babies without a barrowcoat.

To-day they are seldom used, doctors having agreed that it is cruel to wrap the baby's feet so tight, it should have the use of them, as kicking aids them in growing.

The hygienic petticoat has about taken the place of the old style ones, which had a broad band drawn tightly around the child under the arms. So many bands are uncomfortable, and are, therefore, to be avoided. These new skirts are made to open on the shoulder seams and it will be seen that they can be taken off without undressing the baby. The front of the petticoat is a straight piece, slightly gored at the bottom, and the top has the neck and armholes cut into it. The back is cut with a small amount of fullness.

Royalty's Love of Pearls.

Queen Alexandra, as most people know, has a love of pearls and she is very fond of wearing an exquisite dog collar necklet of these precious gems, which are also the favorite jewels of the queen dowager of Italy, herself known as the Pearl of Savoy. Since her widowhood the queen dowager has no longer taken pleasure in her jewels as formerly, and her famous ropes of pearls, to which her devoted husband always added another on each of her birthdays, have now passed into the possession of her beautiful daughter in law Queen Elena.

On Waterloo's Battlefield.

Mme. Veuve Dejean, nearly 104 years old, who was a guest of honor at the unveiling of Gerome's monument, "the Wounded Eagle," on the scene of the struggle of giants, had her wish to travel to the Waterloo battlefield in a motor car gratified. She did not, however, remain long away from her residence at Chapelle-les-Herlaimont, as she did not know how her "boys," aged 80 and 78, would get on without her.

Book and Music Cabinet.

The disposition of sheet music so that it will be accessible and yet be preserved from dust is something of a puzzle in the home where space is at a premium. Music cabinets of varying sizes and designs have been brought out in recent years and a satisfactory one for ordinary service is here pictured. It is of mahogany, tall

enough to serve as a pedestal on which to display a specimen of pottery or bric-a-brac, while the compartments for sheet music are sufficient to accommodate a goodly supply. Underneath the drawers, music books can be stowed away conveniently and, if desired, be screened from view and from dust by curtains of silk.

The Art of Drinking.

Every child should be taught that thirst quenching does not depend so greatly on the quantity of fluid swallowed as on the length of time during which liquid is kept in contact with the tissues of the mouth and throat. A small quantity of water used as a mouth and throat wash will relieve thirst more than a pint swallowed hastily. A child should never be allowed to drink iced water, or for that matter any kind of iced drinks.

Questions for Engaged Girls.

Do you really know the man whose wife you have promised to be?

Are you acquainted with his ideas and ideals of life?

Do you find that his tastes and yours are congenial?

Have you heard what his men acquaintances say about him?

Have you ever seen him in any but conventional surroundings?

Do you know how he spends his time when he is not with you?

A Cure for Warts.

Vinegar and cooking soda in solution are said to make a capital cure for warts. If the wart is kept moist with it for ten minutes several times a day it will disappear in the course of a week or so in ordinary cases. Another cure is to touch frequently with acetic or nitric acid, but one must be careful not to irritate the surrounding skin by dropping either acid.

Saving the Hair.

Many women lose quantities every summer, and as soon as the cold weather comes the shedding ceases. It might be avoided entirely if they were careful and as a woman grows older it is more than ever important to save what she has, for new hair does not grow quickly or often on an old scalp.

An invalid's desire for oranges, figs or grapes may usually be heeded.

White china silk washes like a handkerchief.

A HANDY DISH-WASHER.

A New Idea in This Line Which Should Do Its Work Well.

There are countless of dish-washing machines on the market. Most of them are large tubs or tanks in which the dishes are placed and rotated by mechanical means until they are supposed to have been cleansed. The new idea is constructed on a different principle. At the extremity of a hollow handle are two brushes, each circular in form, and one contained within the other. To the handle is attached a tube leading from a water faucet. A dish is held in one hand by the person doing the washing

and the brushes are pressed against the several surfaces to be cleansed. A spring pressed by the thumb allows a stream of water to be thrown against the dish through the brush and the washing process thus becomes simple and effective.

About the Dish Cloth.

The dishcloth in many homes is a breeding place for microbes and contains more disease germs than almost anything else of the same size. Cheese-cloth bags in which salt and sugar come make good dishcloths. It is a good plan to have two sets for constant use. They should be thoroughly washed every morning in hot water, to which has been added ammonia, soda or washing powder, then rinsed and hung in the air to dry. Use them on alternate days. Besides it is well to rinse them each time after using and boil them once a week. If they acquire an odor burn them.

Reading for Children.

Children should be first taught to read, how to read, what to read and to ... reading as a means of enriching ... School work should ... It is the key of all learning ... thought is concentrated therein. A great variety of reading should be provided, even for the little children, since the day of the reader in the lower grades is past. Inasmuch as the great majority of pupils never reach the higher grades it is necessary to inculcate the reading habit in the lower ones.

Buttons on Wrong Side.

Attention was drawn by Dr. James Shaw at the Ambidextral Culture society to the singular fact that the buttons of feminine clothes are on the wrong side, or, rather, since women may maintain that it is men's buttons which are wrong, that men's buttons are on the right side of the wearer and women's on the left. This peculiarity Dr. Shaw ascribed not to feminine perversity but to the fact that those who set women's fashions were supposed to have maids to dress them, for whom this position was more convenient.

Time For Fitting Shoes.

It is well to remember that the feet are apt to spread a little after the exertions of the day and so are a little larger at night than in the morning. If new shoes bought early in the day feel uncomfortable when they are put on at home that is the trouble. This spreading of the feet should always be taken into consideration when trying on new shoes. Also the feet are larger in summer than in winter, as they expand when much heated.

The Matchmaker

It is a common thing to deprecate a woman for being what is called in common parlance "a matchmaker," but if she possesses the necessary qualifications of discretion and tact she is an almost indispensable adjunct to social intercourse and may prove the greatest boon to lovers who lack time and opportunity to bring their affections to a successful issue.

Don't Sweep Invalid's Room.

Do not try to sweep an invalid's room, but wring a clean cloth out of cold water to which a few drops of ammonia have been added and carefully wipe the carpet, matting or floor, turning and rinsing the cloth and changing the water as it gets dirty.

Hot Baths Weakening.

Very hot baths are usually found to be weakening and should be taken at rare intervals. Moreover, hot water used on the face frequently will make the complexion yellow and the flesh flabby.

Charcoal for Burns.

Powdered charcoal, if laid thick on a burn, causes the immediate abatement of the pain. A superficial burn can thus be healed in about an hour.

It is well to have two or three pairs of shoes, at least, on hand, and to change them as often as possible. Shoes changed in this way will last longer than those worn constantly.

Women waste many words when they try to explain in writing what they mean.

Never leave medicine, drink or food uncovered in the sick room.

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