Daily Magazine Page for Everybody

Secrets of Health and Happiness,

Singing One Way To Help Improve Your Speaking Voice

By DR. LEONARD KEENE HIRSHBERG,

A. B., M. A., M. D. (Johns Hopkins University.)



our bringing up, the actual imitation rough, broken, hearse and thick, if the voices which attract your attenon and the condition of your physical folin strings in the throat you have the you regret it to this very day. ughened edges of two impaired strings he human music cords,

ween the obstruction within it in arreg- tirelly. Your neck must not show plar buit persistent fashion. The flow ings in its veins when you are trying

Thus it is with your voice effer of strain you feel. If you succeed the cords which were set to your effort to strain your voice you dibrate by the bellows, the lungs, which duty is to rest it. Do not "star" for a turn were made to act by the nerve the remainder of your social evening, mpulse sent by the brain after you de- either in speech or in song.

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in correctly filling the recipes which appear on

Lairncross

"CUT PRICES EVERY DAY."

You love to hear | are blocked by mucus, or swellings, or Miss A. talk. "Her voice is like music." gruff, forced and broken, and correvoices are more the leaves the obstructed water pipe.

exception than the Perhaps you often say to yourself, and rule. This perhaps very graciously to others who are acis due to sheer tuelly harmed by your amateurish, unneglect, careless-founded advice, that the sorer your ness or because of throat is the more you should speak, brane? thoughtlessness or for you thus exercise the voice. As it Ignorance on the happens, exercise for the voice must be pint of water used as a gargle is good.

part of those in very carefully administered and at Irrigate the nose and throat with alkatharge of your proper times. When the voice passages line amtiseptic fluid diluted three times in water. various voices you cannot do yourself greater injustice around the infant than to "blab all day long." Rest and help to make imquiet must be allowed your whole voice for readers of this paper on medical, hygienic and sanitation subjects that are cady to bring his delicate little voice responsible for voice production, in their of general interest. He cannot always ox into play, and initiates his tiny efforts to overcome the obstructions in undertake to prescribe or offer advice the pipes and tubes through which they for individual cases. Where the subject moust be for the available for the availa ponsible for the quality of your voice; lead to permanent larryngitis, entire loss answered personally, if a stamped and outer conditions which include of voice or else a voice henceforth

Certainly you are right in your idea elf which helps to check, impede or that the voice needs exercise, and there acilifate the free, easy flow of speech is, perhaps, nothing which can be more fter it has arrived. In your tender highly recommended than the singing ears such things as adenoids or swollen exercise. If you were trained to sing onsils alter what might have become your baby tunes and you continued to melodious quality to your voice. These sing as your early years rolled by, you sorders of the nasal passages help perhaps, acquired an ear for music and your voice is probably much better off ocide box and the free borders of the for your efforts. If, however, you sang Oh ocal cords sometimes become irregular your loudest and oftenest when your To astead of two straight, stiff, vibrating voice was in a state of change, maybe It wad frae monie a blunder free us,

No matter how often you sing when esides the danger to the vocal cords your physical condition is "O. K." you hemiselves, there is the added difficulty cannot do your voice injury. On the it times to the free passage of the reased sound caused by the vibration of and every sunateur, untrained to make human music cords, How Sounds "Flow." haps, doing it right so as to get good infection of the nose and throat acts voice exercise. Never sing so loud as to the an impediment in a water pipe. The strain your voice to its very limits, for ipe permits the water to trickle be- you might thus be left without it enannot be entirely suppressed, but the your best to make a good showing in water forced by the atmospheric, plus company. Sing with moderation and as he high water pressure in the reservoir, much emphasis as the physical commakes its way out in highways and by- position of your voice mechanism perways, and forms litself into a crooked its. You can nearly always tell where you stand in this regard by the amount

ded to sing or speak. The speech cen- Your voice should be trained by a rere in the brain, and the bellows cor- sponsible teacher. As a result of proper espond to the atmospheric and water harmony the voice not only become ressure in the reservoir. These do their clear and musical, but the chest and uty when they create force to produce diaphragm are made to expand and de-e flow of sound, but if the various velop, since the voice needs strong belgh which the sound travels lows and unobstructed pipes in order to

A. M. Q.—Please tell me what to do for a running, watery nose? may be taken when it occurs.

H. R. M. Q.—I am troubled greatly it is a day of such propitious aspect with shortness of breath. Please tell me what causes it and what I can do for it.

A Obese persons, these and in good didness. A .- Obese persons, those not in good fidence. physical training, not accustomed to suscultar deeds or the victims of dis- pect a successful and happy year, avoid turbed blood pressure, heart, kidney. with asthmatic tendencies are troubled!

Tomorrow's List

C. H. Ward & Co.'s Greatest

ures examined to find the cause.

D. P. Q.-Please inform me of a good remedy for barber's itch.

A.—There are three kinds of barber's itch, each due to a different germ. Elec Salicylic acid45 grains

WORRIED. Q.—Is palpitation of the ceart serious? What can I do for it? A .- This is not usually serious, and i s not necessary to take medicine for it it occurs, he down. Nearly every one has it some time or other.

MRS. S. L. Q.-What can I do for a

Dr. Hirshberg will answer question addressed envelope is inclosed. Address ALL INQUIRIES to Dr. L. K. Hinshberg, care this office.

The Origin of Famous Sayings

wad some power the giftle gie us To see oursel's as others see us And foolish notion.

Then gently scan your brother man. Still gentler sister woman; Though they may gang a kennin' wrang To step aside is human. -Address to the Unco Guid.

What's done we partly may compute,



By Genevieve Kemble FRIDAY, FEB. 15.

Another extremely interesting and movements among the heavenly bodies. the lunar and mutual aspects being of unusual importance. There is but a the fortunate mutual position between most satisfactory results in all lines of endeavor, particularly in business, finance and the professions, a testimony social and domestic affairs. Altogether

Those whose birthday it is may ev ing extravagance. A child born on this day will be active, enterprising, popular with shortness of breath. Have your and will succeed in business.

HER PROBLEMS By Annette Bradshaw



NO, THIS ISN'T A VALENTINE

-it just shows the contrast between grandma's conception of negligee clothes and grand-daughter's idea today.

Adele Garrison's New REVELATIONS OF A WIFE

William raised himself on his albow A .-- Two or three drops of beliadonna emphasized by the gracious Venus, and took the coffee. I noticed with blessing art, music, literature, romance, much gratification that his hand was need Katie here—" her eyes swept comparatively steady, and that his pa!

> "Thank ye, Katie," he said gratefully. lying back again when he had drained the cup. "That tasted awful good."

asked teasingly, but I interposed "Tell Her-" "After a' while, Katie," I decided. "1 think he will be able to come into the William had received his wounds, but him up a nice light supper. You would to me until she was sure I meant to better go back to the house now. Mother volunteer no information,

Graham or her cousin may need you. "I tink I hear dot cousin-vomans coffee," Katie returned apprehensively broken Katle of referring to Cousin Agatha as "dot old devil vomans," and she had devised the epithet of cousin-vomans," with which I didn't later. think it worth while to interfere. "Vot I tell her if she ask vere you

How William Won. "Tell her," I began, but stopped abruptly, for my ear had caught the swish of a skirt in the barn below. "Is that you, Cousin Agatha?" called, making my voice as cheery and and I saw that she didn't believe the

in time to hear Madame say:

wriggle about like an eel."

"It was Talleyrand, I think who de-

Kattle's voice rang out cheerily, and er smile as she proffered the cup of offee to William would have in tango."

Intend to lose the opportunity to find out the reason for my presence and Katie's in poor old William's room.

Oh, I suppose I can be profited the wounds vour-Answers to Health Questions Mars and Jupiter. This latter great her same as some productions benefic parallels Mercury, making for confee to William would have heartened mother-in-law's lunch and my own my-self." she said with the martyr-like air

'It's only that I dislike leaving Harpoor old William's bandaged head contemptuously, "why, I---"

"I don't need Katie at all," I returned quietly, with a caustic mental coment on the fact that her compunctions at leaving her kinswomen alone had not prevented her from making a trip to the barn, "She can go back with you at once. In fact, she has only "Taste like more, Villum?" Katie been out here a minute or two. brought a cup of coffee to William."

Cousin Agatha waited perceptibly. knew that she was wild with malifelous curiosity as to the manner in which ouse after a while. Then you can fix that she wouldn't put a direct question But, as she always managed to do

she had brought on one of my perverse ovin' round copstairs ven I coom bring moods. Unmindful of the possible indiscretion in arousing her anger. After much strenuous effort I had turned to William again, as if the conversation were finished. "What is the matter with William?" she asked in honey accents a moment

> "He was out with his dog in the woods," I returned, "and a dead tree fell not exactly on him, else he wouldn't be here, but the branches lacerated his be here, but the branches lacerated his scalp rather badly. He's feeling much better, however, and I think the will be headed Count of Ovideo struck Don jeweled robes, was led forth by Feras right again in no time."

I had faced ner as I began speaking, nonchalant as I could. "Have you need- tale I had invented on the spur of the Cousin Agatha mounted the short dition. The crafty, suspicious look i DIARY OF A FASHION MODEL

When the skirt was turned up the

When the suit had been fitted Ma-

Solving the Problem of a Very Unusual Spring Suit.

ruined by the shrug of a pair of shoul- of black moire ribbon, tied in a small

ders. But if you don't stop shrugging bow, adds a smart touch of trimming yours, Julie, that suit will be ruined.

INCIDENTS IN THE LIVES

- BY ELOISE FARRINGTON.

How an Ancient Heroine Married "Her Enemy" and Ended a Feud. Ximena Gomez was the daughter of you know of one better fitted to be the heard, though she pretended she hadn't he Count of Ovideo and the wife of husband of Ximena Gomez? the Count of Ovideo and the wife of Don Rodrigo Diaz de Bivar, called the Cid, the favorite hero of Spain and the Rodrigo, Fernando sent for the young no pennies to give her to buy valenmost prominent figure in Spanish literature.

man to come immediately to the palace, and told him of his desire that he have year sad

Don Diego, the venerable father of the Cid, held a high position at court, bride. Rodrigo gladly consented to wed the her head in a pillow and cried and and it so happened that he fell into a the lovely daughter of his enemy. dispute with Don Gomez, a powerful Diego on the cheek. The old courtier nando, her beauty dazzled the eyes of was too feeble to avenge himself, and Don Rodrigo. Blushing, the young back. returned to his home to brood over the champion stood before her, and bowing insult that had befallen him, and that low, said:

"Ximena, I slew your sire, but in a the pillow threatened to embitter the rest of his

youth, but he felt deeply the affront lady, by God's grace thou shalt have an laugh. offered to his house. Taking his father's honored husband to take the place of sword he challenged the count. They fought, and Don Gomez paid for the wrong done to Don Diego with his life. Dona Ximena, who loved her father sion until the period of mourning had passed. Then one day she sent a mes-

daughter of Don Gomez had ever been a favorite with the Spanish monarch, and he sent word for her to come im-M. Jacques is trying to work out that Madame chose pussy willow taffeta fulness between the shoulders which is in a dark blue and white Harlequin Accompanied by two of her ladies, Accompanies and Accomp of the king. After the customary words of greeting had been exchanged Fer-

who killed your father?"
"Sire," answered the girl, her beautialmost entirely upon the box coat, which hung loosely from Julie's shoulder:

which hung loosely from Julie's shoulder:

ers in slightly flaring lines.

When Marcelle appeared she said to she, answered the said to ful eyes filling with tears, "my father did wrong to strike the venerable Don lead." I had to "look twice" before I discovered that the long sleeves were of the kimono type, so perfectly did they tam-o'-shanter crown of dark blue silk brought upon our house, and thus end marriage of love and happiness."

Ann a dark the veneratie both the veneratie both and wrong to strike the veneratie both the same and wrong to strike the veneraties both the same and wrong to strike the veneraties both the same and wrong to strike the veneraties both the same and wrong to strike the veneraties both the same and wrong to strike the veneraties both the same and wrong to strike the veneraties both the same and wrong to strike the veneraties both the same and wrong the "Don Rodrigo, I know, is destined to holes to fasten the coat, Madame in- room with a facing of sand-colored silk be one of the greatest men of your is always mine, my lovely Ximena."

ALBA CREMA

The Famous Spanish Prima Donna What woman is derive satisfactory results in an effort not willing to reach to improve the figure. A fixed time should be set aside for this purpose for that which may be hers if she will should be each day.

The follow The following series of stretching ex-

Do To Improve Your Figure

What Daily Exercise Will

but exert a little ercises are excellent for an all-round energy to get it?

It requires effort to obtain anything worth while and one of these desirable things is a good form. There good form. There are very few wom-

en who do not long

LUCREZIA BORI to have well-dethe arms and legs and offer a splendid veloped bodies, and those who have perfect measurements are willing to Kneel on the floor and stretch the work hard to retain them.

A little time each day devoted to excipling will do a good deal in the way

right leg back as far as possible, right arm down and the left arm up to the furthest limit. Reverse the position the movement ten times. A little time each day devoted to exercising will do a good deal in the way of taking off superfluous flesh and building up impoverished tissues and muscles, So, whether you are too stout muscles, So, whether you are too stout ward, and relax every muscle for a minute or two. Then, tense the muscles and stretch. After you have done this raise the right leg until it is at right It is to be remembered that severe angles with the body and reach high exercise should not be taken im-

Other Fine Exercises.

touch the celling. mediately after a meal. If one were ment with the left leg. to exercise after eating heartily, the to exercise after eating heartily, the Stand erect, with the feet a few in-blood would be drawn to the part being exercised and withdrawn from the straight up over the head. Then, digestive organs. Before breakfast, or slowly bend the body back as far as at least two hours after eating, would be the most desirable time for ex- and as slowly return to the erect posi-In order to obtain the best results backward and forward, three or four

from any exercise, the room must be filled with fresh air, all tight clothing In order to build up the physical beremoved and the mind freed from ing and obtain a good form, it is neces-worry and care. sary for one to devote some time each Regularity is essential if one is to day to physical training.

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War.

BY ALBERT BARRETT SAYRES.

"Taking Stock" of Your Habits. | overturn all your habits at once. Fol In the first spasms of adjusting one's low the suggestions of the food admin-sousework and household to any new stration precisely. In doing this you situation the likelihood is that the will do all any one could ask. That average housewife does more than the most uncommon of all faculties, comsituation requires. Then, realizing that mon sense, is much needed today in she has undertaken a task greater than every household in the land. she had believed it would be, thereafter permits the old customs to return, and sits back perplexed or satisfied that all her duty has been done in the first merely the wish to aid is necessary, but effort. What has been your experience the will to learn how to help is rein attempting to meet in every way the quired. Each day add something rise requests of the food administra- your store of food knowledge. For in-

terest you.

Did you overdo it at first? Did you attempt the impossible? And having failed to overturn in a few weeks the established customs of years, are you slipping back into the old ways again?

If an exact investigation of your conan honest investigation of your conribution to the nation's needs proves fruit-prunes, apricots, etc.-for 24 that this has been the case, it is now hours before stewing makes for sugar

your duty to lay plans for a strict saving? It seems a fact that dried adherence to the rules to which you fruits so soaked require less sugar for have subscribed.

No one in the government asks even

Look up the vegetable chowders in foods that are plentiful less day. Well prepared, seasoned and

for those that are scarce or more in cooked vegetables chowder with bread garet," she purred, "if I suggest that transported across the continent and itself. was rather a rash thing for one of your over the sea isn't a difficult duty for inexperience to do. You cannot foresee anyone to perform. This war is not the consequence of a failure to make only one to make democracy safe-it

Each member of every family of nave had so much experience in emer-being tested today. Whether or not you as an individual and we as a nation deserve the blessings of peace and you do each day to aid us all to win

Don't attempt the impossible. Don't

demand because they can better be and butter makes an excellent meal in

Did you know that soaking any dried

It istrated by Gruelle. HOW ANN KEPT ST. VALENTINE'S

DAY. It was the day before St. Valentine's day. Some of Ann's friends were talk g about the valentines they were gong to send each other.

ped talking, for Ann was very poor and they thought perhaps she might feel hurt to hear them talking about things

The king hastened the elaborate prep- cried.

Ann looked up and right there on the

ife.

His son Rodrigo was at that time only I did but wipe out the wrong. Fair and wiping her eyes she began to

the other children will have pennies to buy valentines and my mamma's too poor to give me any," replied Ann. "Is that all?" cried Gocomeback, "you just come with me and I'll show you

Taking Ann's hand he flew right out of the window and into the queerest place Ann had ever seen. "This is the studio of the elfin art

whispered Gocomeback. Ann looked around at the tiny draw ing boards scattered everywhere. A each board sat a tiny elfin artist draw were hundreds of them. Some painted pirds, some painted flowers, and some beautiful trees and babbling brooklets.

while others painted tiny cupids on the cutest of little cards. "Every picture that's painted in your land is painted first by one of our elfin artists." whispered Gocomeback to Ann. Something fell with a crash and Ann

opened her eyes. It had all been a wonderful dream. But— What do you think? Ann jumped up and pulled out her little paint box and some paper, and when her mamma came home Ann had painted several

beautiful valentines. The next day each of Ann's friends Then Ximena placed her hand within received a pretty painted card from als and answered simply:

Ann and each declared here protties

Ann was praised on all sides for her work, and from this time on her little

GALEN HALL

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Noted for its superior
table and service:

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DIAMONDS AT HALF PRICE

\$150.00 Lady's 3-stone Ring\$75.00 \$75.00 Lady's 5-stone, platinum top. \$37.50 \$40.00 Round Locket, diamond centre \$20.00 \$10.00 Lady's Single-Stone Ring, modified Tiffany, 14k gold\$5.00 \$10.00 Lady's Ring, snake design, set with \$14.00 Lady's Modified Tiffany Ring, 14k gold\$7.00 \$25.00 Gent's Ring, fancy Belcher, 14k gold\$12.50 \$40.00 Lady's Tiffany and Modified Tiffany Ring, 14k gold\$20.00 \$45.00 Lady's Tiffany Ring, 14k gold \$22.50 \$50.00 Lady's Cluster Ring \$25.00 \$50.00 Lady's 3-stone Ring, 14k gold \$25.00 \$100.00 Lady's Cluster Ring, 14k gold \$50.00 \$120.00 Marquise Ring, 15 stone, 14k gold... \$120.00 Lady's Tiffany Ring, weighs 1/2, 1-32

dots, diamond centre\$20.00

\$200.00 Lady's 3-stone Ring\$100.00

\$40.00 Brooch, 4-leaf clover, pearls and peri-

\$16.00 Tiepin, 2 diamonds, 1 sapphire \$8.00

\$100.00 Lady's 3-stone 2-diamond and genu-

\$10.00 Tiepin, single stone\$5.00 \$10.00 Tiepin, one-pearl, one-diamond. . \$5.00 \$20.00 Gent's Safety Scarfpin, platinum set, with one pearl, three diamonds. \$10.00 \$35.00 Diamond Cluster Tiepin\$17.50 \$50.00 Diamond Cluster with sapphire centre

\$130.00 Diamond Cluster, with fancy diamond centre\$65.00 \$40.00 Platinum Barpin, set with one dia-

\$50.00 Diamond Cluster, with opal centre \$25

mond\$20.00 \$6.50 Barpin, set with small diamond \$3.25 \$28.00 Brooch, coil design, with diamond centre\$14.00 \$25.00 Brooch, floral design, set with pearls,

\$25.00 Brooch, fancy, set with five pearls, amethyst and one diamond\$12.50 \$140.00 Platinum Necklet, set with 25 diamonds, in floral design\$70.00 \$150.00 Platinum Necklet, set with one large

diamond, 10 small diamonds, one real pearl\$75.00 We will refund the money on any of our half-price Diamonds in list above within one year of date of purchase or will







M. Jacques was fitting the jacket of a tailored suit, and even if I hadn't satisfaction with its lines. It is an heard Madame say that it had been deultra-fashionable model, having that me, my dau known it. There was a certain air of that's becoming exceedingly popular. be of service to you."

the "unusual" about the suit that is The waistline is finished with a Much to the surror. the "unusual" about the suit that is characteristic of all her clothes; smart features of trimming that simply monizes with the trimming on the "You, sire, contract all marriages at screamed "Florence Nash" at one. The material was an English cloth, medium light in weight, of a dark navy dame asked me to tell Marcelle to

The smartness of the suit depended hat. almost entirely upon the box coat, When Marcelle appeared she said to braided with blue soutache. The narthe feud between the two families.

Instead of using buttons and button- row brim should be a modified mush- "Don Rodrigo, I know, is destined in the feud between the two families."

coat at each of the pointed ends. Two crown with a band of braiding. Please slashes bound with cloth were arranged on each side of the front just to be delivered tomorrow afternoon." Then Madame left the fitting room to Superb Toilet Cream. Differs from cold creamin not being greasy; differs from continued to form a pointed strap, "modeling."

Then Madame left the fitting room to Superb Toilet Cream. Differs from cold cream in not being greasy; differs from continued to form a pointed strap, "modeling."

Superb Toilet Cream. Differs from cold cream in not being greasy; differs from vanishing creams in not being dry.

Twenty-five cents.

Then Madame left the fitting room to

"I did," I returned curtly.

those wounds thoroughly antiseptic. I only one to hake democracy. think I would better look at them and Each member of every make sure everything is all right. 1 every farm, in every village and city is

She moved toward William and stooped over him, her long, capable fingers—fairly quivering with inquisitive eagerness-already busy with one of the war.

OF FAMOUS WOMEN

I happened into the fitting room just which was drawn through two bound slashes and buttoned to the body of the coat. sage to court asking the king, Don An Eton collar of white pique was Fernando of Castile and Leon, to grant clared that many a reputation has been used to finish the neckline. A cravat her a private audience.

"What special mission brings you to me, my daughter? Speak freely of signed for Miss Nash I would have extremely narrow, drawn-in effect whatever is on your mind, for I would in marriage to Don Rodrigo Diaz. dame asked me to tell Marcelle to "What strange idea is this?" gasped come down for instructions about the the king. "You desire to wed the man

BRUCE WALLACE, 419 Richmond St. her husband, as their wedged at one of true happiness and love.

"What Strange Idea Is This?"

"Let us blot out the sorrows of both than any other valentines she had re-

"It shall be as you say," joyfully replied the Cid. "From now on your will friends kept her busy printing pictures troduced the idea of straps drawn or straw braid. Keep the top of the majesty's kingdom, which is another through slashes and buttoned to the hat dark blue and trim the base of the reason for my desire to marry him. Do where the betrothal ceremony was performed by the archbishop. Shortly afterward the wedding was celebrated with great pomp and splendor, the entire kingdom joining in the festivities. regretted having chosen the Cid for husband, as their wedded life