

Your Child Imitates Your Voice

By GARRY CLEVELAND MYERS, Ph.D.

THE child who at home and school hears lovely voices and clear, distinct speech is very fortunate. Many children don't, alas, at home or school. They would, if older persons realized the effect of the voice and speech on the growing child.

Years ago the famous psychologist, Carl Seashore, said that speech is learned by imitation and "that a beautiful voice can be developed in every normal child and that a good voice is one of the main elements in self-confidence and success and social intercourse. It is at once a mainstay and a key to personality."

Low-Pitched Voice

All else being equal, a quiet low-pitched voice is pleasing; a loud high-pitched voice, repellent. Every person can control the pitch and loudness of his voice. By example, then, we parents and teachers can best cultivate agreeable voice development in our children. To voice and speech I devote a chapter in my book, "Building Personality in Children," which you probably will find in your public library. (My bulletin, "The Young Child's Speech," may be had in a stamped envelope.)

We parents often enunciate indistinctly, so that what the young child hears may not be at all what we suppose we say. It would do all of us good to listen to a recording of our speech taken when we did not know it. I wonder how our voice would sound at times when given back to us on a record taken when we were a bit vexed at the family, especially when rebuking or exhorting the child. When we parents are tired, nervous or out of sorts, regardless of the cause, we betray our state of emotions by our voice. We need to strive for poise.

Ugly Voices

If our children must hear ugly voices in us parents, what relief these children must enjoy at school when they have a teacher with a lovely voice. Suppose they didn't. In recent years those experts who train and supervise teachers have been putting more emphasis on voice and speech. For many years the nursery school teacher and kindergarten teacher have been selected and trained for soft, quiet speech.

It would be funny if not so tragic to hear a parent or teacher yelling at a child to speak more softly. As a rule the noisiest voices are in the classroom with the noisiest teacher, the quietest voices with the quietest teacher. Sometimes teachers begin to talk before the children are ready to listen or even while some of the children go on talking. Then, too, certain children speak in shrill voices because these children are so jittery. A program at home or school inducing these children to be less excited and more poised should cause them to speak in quieter tones.

THE STARS SAY—

By GENEVIEVE KEMBLE

For Tuesday, November 9

A SUDDEN upswing in the affairs may prove thrilling, exciting and of radical and far-reaching scope in bringing about desired change, new ambitions, hopes and wishes. This unforeseen incident could plunge the energies, initiative and abilities into new highs of pleasure and accomplishment, with personal aims and aspirations sharing in these surprising attainments. Public recognition is probable. But all matters may prove romantic and should be developed with zest, ingenuity and concentrated energies.

For the Birthday

Those whose birthday it is, may look for a period of change, fresh



TWO LAYERS OF CAKE, EACH spread with strawberry preserves, and a fluffy meringue to cover top—that's a luscious Strawberry Meringue Torte.

LOVE'S PERILOUS PATH

A Sequel to Love's Fair Horizon By ADELE GARRISON

Lillian, in a Talk With Madge, Introduces the Startling Idea That the Prisoner Resembles Carlotta Carroll

Synopsis: In Madge Graham's Hotel Lansdowne suite, Lillian Underwood recounts to Madge actions of Madge's father, Charles Spencer, Government Intelligence head which have convinced Lillian that Spencer has assigned to one of his lieutenants, "X," the task of double-checking his latest subordinate, Carlotta Carroll, and that Charles has done this because his other aide, "K," has become obviously infatuated with Carlotta. "Your father brought 'X' to our apartment, and telephoned Carlotta to come there," Lillian tells Madge. "Then, he told Carlotta that she was in danger, and would have to have 'X' as a constant bodyguard. He told them to go back to her apartment to arrange their future schedule, but that 'X' was to return within the hour. We were just getting near the end of the hour when you telephoned."

I REVERTED to my childhood, and gave a long low whistle at Lillian's news, and she grinned a bit maliciously at me.

"Your mother would have spat your hands for that," she said.

"Indeed she would," I said. "But tell me, what do you make of it?"

fields of operation, new contacts and associations all heightened by the element of romance, strange experiences and a need of accomplishment and recognition, spectacular, breath-taking and perhaps revolutionary or radical in scope. With energetic and zealous enthusiasm, many deeply rooted and desired aspirations and goals may be dramatically fulfilled. Personal, romantic, financial and creative aims should be pushed with unabated drive, for the most dynamic performance and inner joy.

A child born on this day is bountifully equipped for a romantic adventurous and dramatic career, with many changes, honors and highly creative urges finding rich returns and unexpected happiness.

For the Birthday

Those whose birthday it is, may look for a period of change, fresh

fashion in rhyme and reason

By Elsie Madden



Peplum on one side,
Low point on the other,
This pleated over-skirt
Is just another
Version of the slim skirt,
The diagonal line,
That's making news
In fashion design.

Prisoner's Shrieks

I remembered the prisoner's venom-charged shrieks and tried to pin down his accent.

"Some country in South America," I said and gave a violent little start. Lillian's face had the expression of the cat that caught the canary.

"I see you're getting warm," she said. "Now, question Number Two. What station in life is his, should you say?"

"Above the average," I told her.

"Exactly," she said. "And when Harry gets that dye out of his hair, he'll look enough like Carlotta Carroll to be a good caricature of her."

(Continued Tomorrow)

Odd Facts

In the course of her divorce action, a California woman asked the judge to forbid her husband to visit their dog, as he was a drunkard and she didn't think it was good for the dog to see him.

A New York State man who went hunting, bagged a wood duck and laid it in the back of his car. Opening the door on the way home to display his prize to a friend, the duck flew out and away.

DESSERTS FROM THE JAM JAR

By MARION CLYDE McCARROLL

THOSE jars of jam you keep handy on the shelf have a lot more uses than to provide a dab of sweet for the morning toast or a spread for the children's bread.

For jam is a fine glorifier of the simple dessert, turning many a quite ordinary dish into a party item, as witness the following recipes:

STRAWBERRY MERINGUE TORTE: Make 2 nine-inch cake layers from a prepared cake mix or a favorite recipe, or buy two layers from bakery or grocery store. Spread strawberry preserves between layers and on top of cake. Make a meringue of 2 egg whites and 4 tsp. sugar and spread over top; put cake under broiler for a few minutes until meringue is a delicate golden-brown. A torte of this size should provide 10-12 servings.

RICE PUDDING SOUFFLE: Wash 1 c. raw rice thoroughly in cold wa-

ter. Add the rice, and ½ tsp. salt, to 4 c. scalded milk in top of double boiler, and cook, covered, over boiling water until rice is soft and all milk is absorbed—about 40 min. Stir occasionally with a fork during the first part of the cooking.

Make a meringue of 2 egg whites and 4 tsp. sugar, and fold into the hot cooked rice. Serve warm, with custard sauce, and with a generous garnish of apricot, peach or other preserves, or a tart jelly such as currant or plum. Should serve 6-8.

CUSTARD SAUCE (Make while rice is cooking): Mix 1/3 c. sugar, 2 tsp. cornstarch and ½ tsp. salt in a saucepan. Beat 2 egg yolks slightly, add 2 c. milk and combine with dry ingredients. Add 2 tsp. butter or margarine and cook over low heat, stirring constantly, until mixture boils. Remove from heat, stir in 1 tsp. vanilla.

APRICOT OATMEAL COOKIES: Sift together ½ c. sifted all-purpose flour, 1 tsp. baking powder and ½ tsp. salt. Cream ½ c. butter or margarine and gradually blend in 1 c. sugar. Add 2 egg yolks and beat until smooth and light. Stir in 1 c. quick-cooking rolled oats and ½ c. apricot or peach preserves; mix thoroughly. Add flour mixture and milk to amount of one-half c. alternately, beating well after each addition. Fold in stiffly beaten whites of two eggs. Drop batter from a teaspoon about two inches apart on greased cookie sheet and bake in moderately hot oven (400 F.) for about 15 min., or until delicately browned. Remove at once to cooling rack. Makes about 5 doz. cookies.

Serve with fruit, crackers and assorted cheeses for a simple, satisfying dessert.

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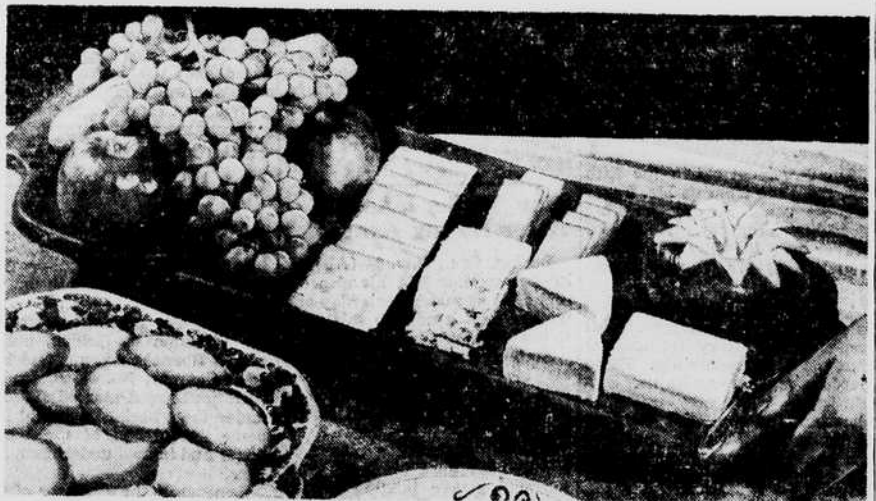
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PRETTY ENOUGH FOR ANY PARTY, and bound to be popular with every taste, the Strawberry Meringue Torte can be made with a favorite cake recipe, or—and it's a quickie this way—buy the cake layers at the store.



FOR DESSERT AFTER A HEARTY DINNER, pass a tray of fruit, crackers, a variety of cheeses and light little cookies made with apricot or peach jam. Or try such a tray for quickly-assembled bridge party refreshments.

Learn How To Really Relax

By HELEN FOLLETT

NOW is the time when there is a possibility of a mid-season slump. Not enough fresh air and sunlight. If you are as busy as a whole hive full of bees you had better learn how to relax. Maybe you have forgotten how, with all your rushing about, with time at your heels. Women were never so active, never in such dire need of catching a few restful moments now and then. Unless you have them, don't expect that you can avoid the beauty griefs that the birthdays bring—wrinkles, grey hair, changes in the svelte silhouette.

Learn to conserve energy; don't waste your strength needlessly. Pretties of the movies understand all about that; they take wonderful care of themselves; if they didn't they couldn't hold down their trying jobs.

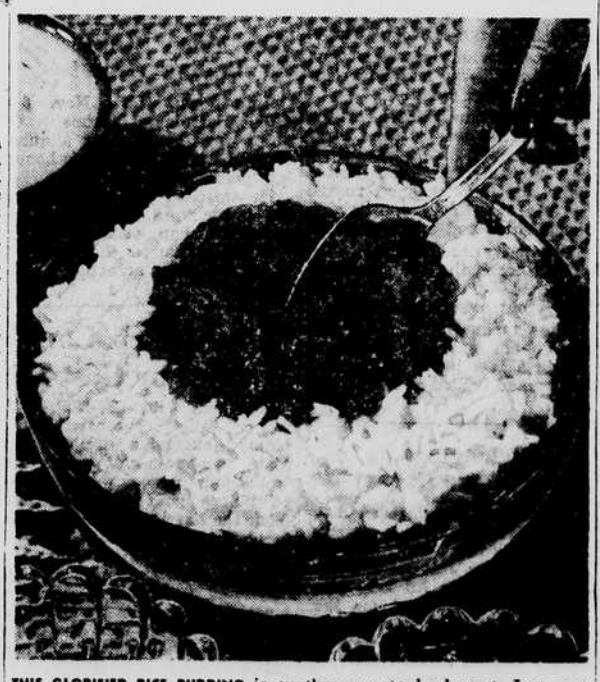
Nervous Tension

Avoid nervous tension. You can do that by organizing your life, learning how to do your work restfully. Tension means that muscles are tight, especially the muscles of the face. Under such conditions the feminine countenance is bound to look hard and brittle.

Don't think too much about the tasks that are before you. Thinking about them, dreading them, is almost as exhausting as doing them. Whenever possible, do a flop. Lie on your back. Let every muscle go limp. Close your eyes, take long, deep breaths.

Scalp Massage

Relax before getting into bed. A good way to do that is to attend to your good looks chores. Brush your hair; it will love to be caressed. Give



THIS GLORIFIED RICE PUDDING is another easy-to-do dessert. Just nest your favorite preserves on the pudding; serve with custard sauce.

yourself a three minute scalp massage; unless the scalp is in good condition you can't expect your hair to spinach to have life and luster.

Cream your complexion, rubbing upward and outward with the finger tips. Do circles around your eyes. Use the cream on your finger nails, rubbing it into the surrounding cuticle. Give your elbows a brisk lubrication.

Words of the Wise

We can all perceive the difference between ourselves and our inferiors, but when it comes to a question of the difference between us and our superiors we fail to appreciate merits of which we have no proper conceptions.

—(Cooper)

Art of Making Tea

Some Tips That Few Homemakers Know

By IDA BAILEY ALLEN

THE tea party in 1773 was a prelude to the American Revolutionary War; but this tea party was different. It was given to the good people of Boston, Massachusetts, by all the restaurants, which served free tea throughout an entire afternoon. The occasion was in honor of the Convention of the Tea Association of the United States, held in nearby Swampscott.

This Twentieth Century Tea Party was a meeting of the tea growers, blenders, packers and tea merchants to hear the report of a nation-wide survey on the use of tea, to find out how it is served in restaurants, hotels and on the home table, and what can be done to make tea an even more enjoyable and popular beverage.

"The Americans do not seem to make tea as often or drink as much as the English people do," observed the Chef.

The Real Taste

"I believe this is because most Americans do not know the real taste of tea," I said.

"Is it because the tea is of inferior quality, Madame?"

"No, the United States Government through its tea-tasters and testers supervise the quality of all the tea imported into this country and it is uniformly high," I explained. "The trouble seems to be that the tea is insufficiently and incorrectly brewed."

"Madame, I do not understand. All the homemaker has to do is to warm a tea cup, put a tea ball in the cup; pour in fresh boiling water; cover with a saucer to keep in the heat; and let stand for three minutes. Then she has a good cup of tea."

"Chef, your directions are explicit and correct. But I regret to say they are not generally followed. In the first place, the tea cups are not warmed. In the second place, the water is not actually boiling. Further, the tea cups are not covered, and the tea is not steeped for three minutes. The result is a pale imitation of tea, a wishy-washy tepid beverage with no lift and little flavor. And still worse, many homemakers try to make several cups of tea from one tea bag, each time getting a more listless, tasteless drink. A tea bag contains the right amount of tea to make one cup. After that it should be discarded."

"This use of the tea bag is all right for individual service, or for perhaps two people, *tête à tête*," remarked the Chef. "But for family service I think it is inconvenient to make the tea individually in the cup."

Simple Answer

"The answer to that is simple. We can make the tea in a warmed teapot, using one tea bag for each cup, and pouring over a good-sized cup of rapidly boiling water for each cup, stand the pot in a warm place, and let the tea steep for three minutes. Then we remove the tea bags, and have perfect tea."

"What method do you recommend in the case of loose tea?" inquired the Chef.

"First I warm the pot; then measure in one teaspoon of tea for each cup to be made. Pour in a good-sized tea-cup of boiling, bubbling water for each teaspoon of tea, cover the pot closely and let it stand in a warm place for three minutes. It should be poured at once off the leaves into a second heated pot in which it is served."

"I see," said the Chef, "what the American family needs is a bigger

and better tea pot!"

In keeping with the 20th Century Boston Tea Party, we are suggesting a New England Style menu.

TOMORROW'S DINNER

Chilled Cranberry Juice
Sally Lunn
Panned Haddock Fillets
Egg and Caper Sauce
Potatoes O'Brien
Tomatoes Country Style
Caramel Rice Pudding
Coffee or Tea Milk (Children)

All Measurements Are Level
Recipe Serves Four

Panned Haddock Fillets

Cut 1½ lbs. haddock fillets into four portions. Brush with lemon juice; dust with salt and pepper; roll in flour and slow-fry in shortening or vegetable oil until golden brown and tender, about 8 min. Serve with egg and caper sauce.

Egg and Caper Sauce: Melt 2 tsp. butter or margarine and stir in 3 tsp. flour, ¼ tsp. pepper, ¼ tsp. salt and gradually 1½ c. hot water. Cook and stir until the sauce boils all over. Then add 1 tsp. lemon juice, 1 tsp. minced parsley, ¼ c. capers and 2 coarse-chopped hard-boiled eggs, and bring to a boil. Serve at once. Pickle relish may be substituted for capers.

Sally Lunn

Break 2 eggs into a qt.-sized mixing bowl and beat until frothy. Add a scant ½ c. sugar and beat together until creamy. Next sift together 2 c. flour, ½ tsp. salt and 3 tsp. baking powder. Add alternately to the first mixture with 1 c. milk. Add ¼ c. melted margarine or shortening. Do not beat, merely mix gently. Transfer to an oiled 7" x 11" baking utensil and bake 30 to 35 min. in a moderate oven, 375 F. Cut in squares and serve warm.

Caramel Rice Pudding

In a small heavy frying pan melt ¼ c. granulated sugar until the color of maple syrup. Add ¼ c. boiling water and cook until the sugar melts again. Pour this into a double boiler pot. Add 3¼ c. fresh whole milk, or 1 tall can evaporated milk and 1 tall can water. Stir in 3 tsp. raw white rice, a scant ½ c. sugar, ¼ tsp. salt and ¼ tsp. nutmeg. Cover and cook over hot water 1½ hrs. Stir every 15 min. during the first half hour, or until the rice begins to get soft. Transfer to an oiled baking dish. Cook uncovered in a slow oven, 325 F., about 1½ hrs. Serve warm with top cream, or ice-cream with whipped cream or any whipped topping.

TRICK OF THE CHEF

For an extra refreshing fruit juice cocktail, combine equal parts chilled cranberry and orange juice.

Food for Thought

Sandwiches can be made several hours in advance—even overnight—and kept fresh by crisper them in the refrigerator. It isn't even necessary to wrap them if they are kept there.

Easy and delicious hot canapés can be made from a can of prepared codfish ball mix. Form into marble-sized portions, dip in milk, roll in fine, dry bread crumbs and cook in hot fat until brown. Drain on paper towels. Spear on tooth picks.

Combine canned luncheon meat with cooked kidney beans and a well-flavored French dressing for a main dish salad; add sliced celery for crunchiness and a tablespoon or two of sweet pickle relish for tangy flavor.

Use Hair Dyes or Bleaches? Be Sure Skin Can Take Them

By HERMAN N. BUNDESE, M.D.

THE feminine practice of enhancing beauty by means of artificial aids is as old as antiquity. Queen Cleopatra herself, one of the most famous beauties of all times, did not scorn artifice as is shown by the evidence of ancient Egyptian tombs which show that the glamor girls of the Kingdom of the Nile used lead-containing eye and face paints with a lavish hand.

Fortunately, our present-day cosmetics are made with safer ingredients. By and large, they cause little difficulty, but now and then they do result in skin inflammation.

Chief offenders in this way are bleaching and dyeing preparations used on the hair. Dye may also cause the hair to become brittle and break off.

Vegetable Dyes

Vegetable dyes are generally quite safe. Mineral dyes are seldom used. A third group of dyes contains a substance called paraphenylenediamine and pyrogallol. Patch tests show that about four out of every 100 persons are sensitive to these substances.

When sensitivity to a hair dye is present, there is redness and itching of the eyelids and forehead, and behind the ears and back of the neck. There may be inflammation of the lining membrane over the eye called conjunctivitis.

If sensitivity to the hair dye is suspected, a patch test may be carried out to confirm the diagnosis. This is done by placing a bit of the dye on a piece of gauze and fastening it to the skin with adhesive for 24 hours.

In treating the patient who has been found sensitive to a dye which has already been applied, soap and water are used first of all to remove all excessive dye. Next, hydrogen

peroxide is applied to get rid of it. Then the hair is washed again with soap and water. The inflammation itself may be treated with soothing solutions such as potassium permanganate.

Hair Tonics

Inflammation of the skin, as a result of hair tonics, occurs in the same areas as that caused by hair dyes. There may also be inflammation of the skin on the hand. Alcohol and some hair lotions may promote scaling of the palm of the hand into which the tonic is poured before it is applied. There may also be a cracking of the finger-tips from rubbing the preparation into the scalp.

Certain hair cream may produce a condition like blackheads or pimples on the forehead. Sometimes a perfume in hair preparations may lead to darkening of the skin of the forehead along the hair margins.

Hair lacquers are employed to keep the hair wave in position. Sensitivity to these preparations may occur several days after they are used, manifesting itself in inflammation of the skin on the back of the neck, eyelids, or face.

Persons who use preparations of these types should consult their physicians immediately should any signs of skin irritation occur.

QUESTIONS AND ANSWERS

C. B.: Do diseased tonsils damage the heart and cause listlessness and tiredness?

Answer: Infection in the tonsils may be responsible for fatigue and listlessness.

It is possible that it may also contribute to the development of heart disease.

If the tonsils are infected, it probably would be better to have them removed.