



LOVE THAT

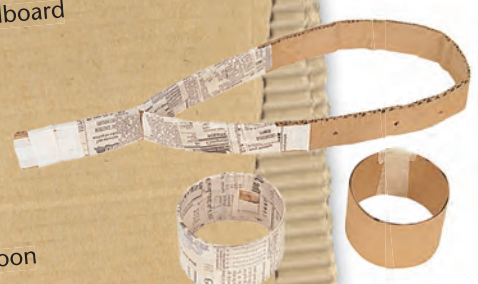
by Linda Masternak Justice

Ln ancient Egypt, singing, dancing, and music were associated with the goddess Hathor. Priestesses in the Old Kingdom used a rattlelike instrument known as a sistrum in rituals and ceremonies honoring Hathor. The sistrum was made of wood or metal bent into a shape resembling the *ankh*, the symbol of life. Its metal disks, strung on wire, made a soft, rustling sound like the wind blowing through papyrus flowers.

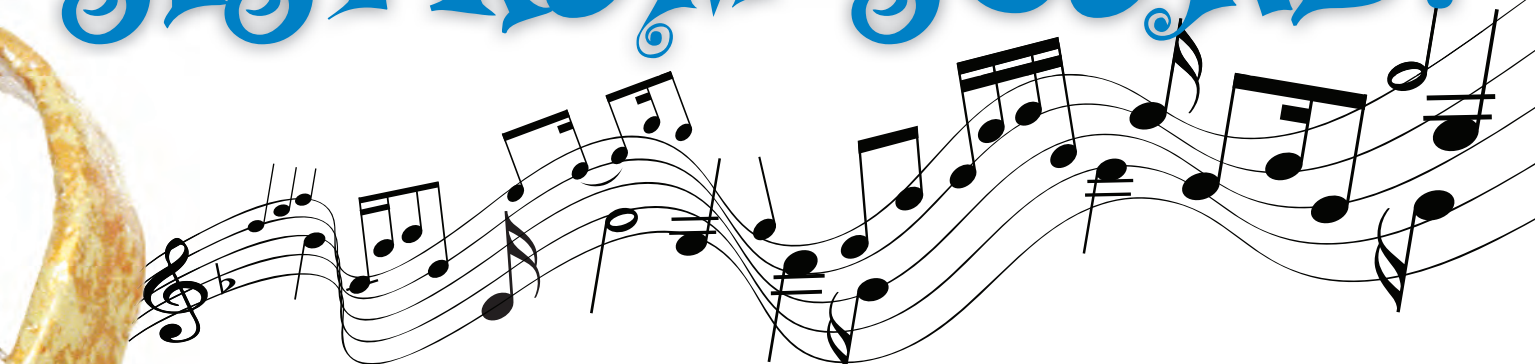
To hear the sound of breezes along the Nile, follow the directions on page 13 to make your own sistrum.

YOU NEED:

- corrugated cardboard
- tape measure
- scissors
- tape
- newspaper
- white glue
- water
- measuring spoon
- paper cup
- small paint brush
- acrylic craft paint
- clear spray paint
- wire (thin coat hanger wire works well)
- wire cutter
- brass washers (15 minimum)



SISTRUM SOUND!



DIRECTIONS:

1 Measure and cut a strip of corrugated cardboard about 1¼ inches by 33 inches. **(NOTE: Be sure the corrugations run along the width of the cardboard.)**

2 Bring the ends of the strip together (with the corrugation on the inside) to form the shape of the *ankh*.

3 Tape the ends together to make a handle about 4 inches long.

4 With the scissors **CLOSED**, use the end to **CAREFULLY** poke three sets of small holes in the curved part for the wires you will insert later.

5 Cut the newspaper into thin strips.

6 In a paper cup, use the measuring spoon to mix two parts white glue with one part water.

7 Brush this mixture on a small section of your sistrum.

8 Add a strip of newspaper. Brush more glue mixture on the newspaper. Cover the entire shape. Poke through the newspaper to keep the wire holes open. Allow to dry.

9 Add at least three more layers of newspaper.

10 Paint your sistrum. Remember, they were made of wood or metal. You can paint a wood-grain pattern with two shades of brown.

11 Spray with clear paint for protection.

12 Use the wire cutter to cut the wire into three pieces. Each should be about 2 inches longer than needed to span the loop of the sistrum. Bend one end of each piece.

13 Thread each piece through one hole in the sistrum. Add the washers. Thread the wire through the other end of the sistrum. Bend the wire.

14 If you wish, you can decorate your sistrum. In Egypt, they were often decorated with the head of a cow, a symbol of the goddess Hathor. You might make a cow's head of clay for your sistrum, or simply add a few strings of beads. 🐮

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