

The Bee's Home Magazine Page

The Warrior

By JAMES J. MONTAGUE.

His hand has wrested many a crown
From tyrants in their pride;
His hand has struck the pirate down
And tossed him in the tide.
And robber hordes in countless lands
In wild confusion flee,
When they desecrate, across the sands,
His flag upon the sea.



The redskin covered in his path,
When forth he used to go
In terrible, avenging wrath
And lay the chieftains low.
And craven bandits far and near,
Well know his dreadful fame,
And pale and tremble when they hear
The mention of his name!



But now the last black blood is shed
And all the wars are won,
When all the murderous hosts are dead,
The warrior's work is done.
No longer fares he forth to seek
Sea-wolf or robber band;
With mother's kisses on his cheek
He's off to Slumberland.

John Smith

By REV. THOMAS B. GREGORY.

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John Cabot gave America to the English race; Raleigh, with heroic courage, undertook to plant that imperial race upon this continent, and Smith, through much tribulation succeeded in accomplishing what Raleigh failed in.



In all history there is not to be found a more interesting story than that of the man who made Jamestown a success. Born on a farm in Lincolnshire, England in 1580, Smith was from his earliest years the victim of an uncontrollable wanderlust.

failures, and the hopes built upon Virginia in England would have been sadly dashed. The utmost ingenuity on the part of Smith's detractors can never do away with the fact that his personal qualities did more than anything else to prevent such a direful calamity; and for this reason he will always remain a commanding figure in American history.

It was a small assembly, so far as numbers were concerned. Eleven local constituencies were represented under the various designations of "city," "plantation" and "hundred," and each constituency sent two representatives, making twenty-two in all.

Advice to Lovelorn

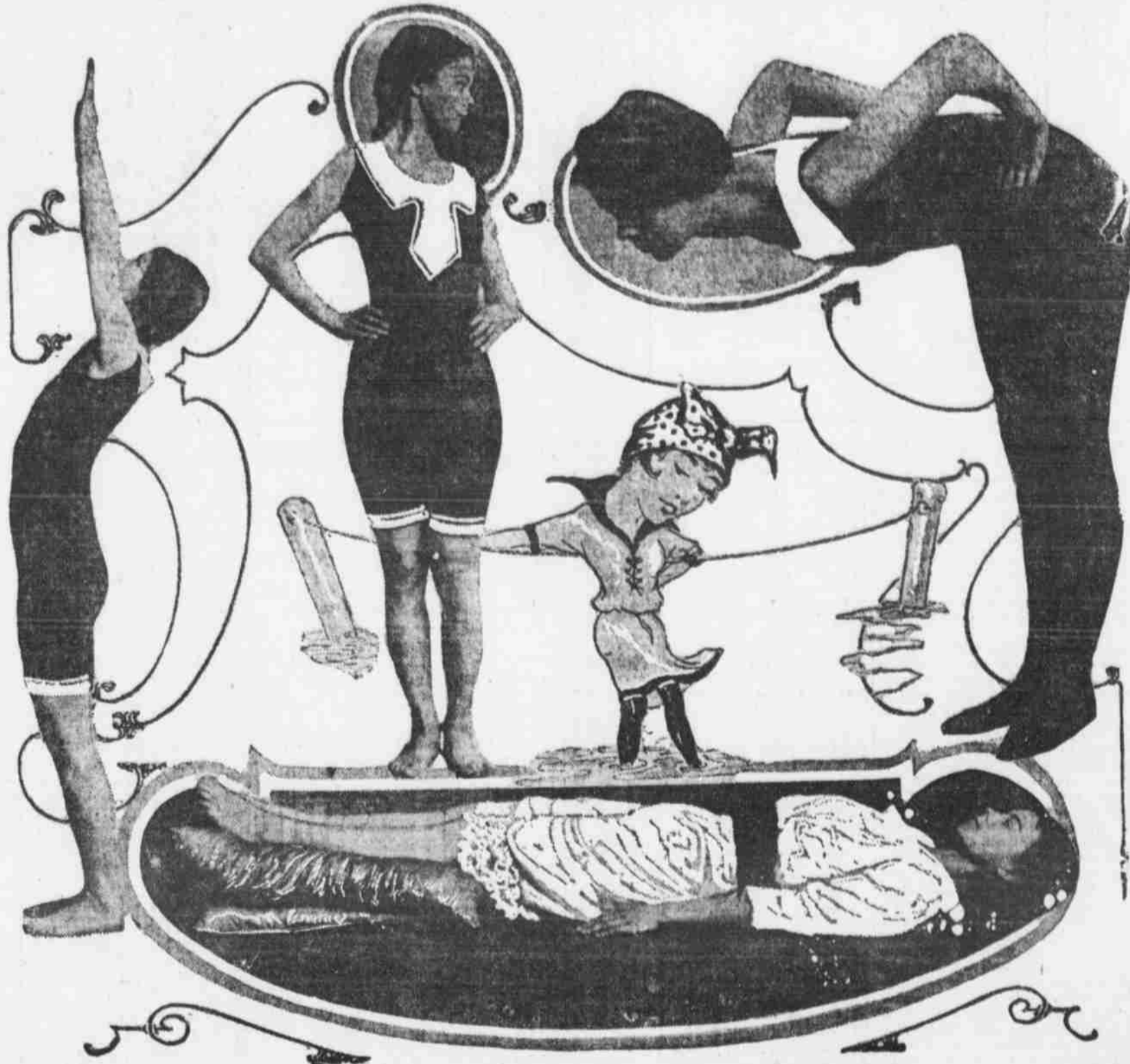
By BEATRICE FAIRFAX

Don't Be Impatient.

Dear Miss Fairfax: I met a desirable young man several months ago and until last week he had been seeking steady company. He promised to call me up some time during the week, but failed to do so. What shall I do, as I love him dearly? M. J. M.

Dear Miss Fairfax: I am a girl of 18, and am in love with a boy one year older than I am. I have been keeping company with this fellow over two years, but never gave a thought to getting married. But now he asks me to get married August 1. I realize that I do not think he can make a living for me, as he earns only \$10 a week, but he says that I can work and help him. I do not see as if I want to work for years to come. Your sweetheart is decidedly too young for marriage, and \$10 a week is not enough on which to start married life. If you intend to have children you ought to consider them and not to plunge into a marriage, the responsibilities of which you are unable to meet.

An Easy Road to Health and Beauty for the Busy Girl



To the left is shown an exercise in bending backward; in the center one for twisting the body; to the right an exercise in bending forward; feet and legs should be supported on a cushion.

Here is a group of exercises for muscles that are usually neglected. These exercises are important, because they bring a group of muscles into play that are otherwise rarely used after childhood, owing to the fact that girls are put into corsets in their teens.

Women no longer pinch their waists, but they cram their digestive organs together most distressingly. Girls in their teens should wear no corsets at all, but should dress so that the weight hangs from the shoulders. This is the most hygienic form of dress possible for growing girls.

The second exercise, known as "forward bending" should be added to the list. In this exercise the legs must be kept perfectly stiff and straight, the back flattened and the head slightly tilted back.

Ella Wheeler Wilcox on "Common Sense"

By ELLA WHEELER WILCOX.

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Woman's greatest need today, above all other needs, is practical common sense—the ability to reason from a common-sense standpoint and the will power to put such reasoning into daily use.

America is rich in women of high ideals, women of great ambition, women of large charities, women of brilliant intellect. In art, in literature, in music, in reforms, in business, and in social life, these women shed a luster which reaches across wide seas and illuminates the world.

It required uncommon sense for woman first to awaken to the realization that she had every moral and natural right to equal franchise. And uncommon sense has enabled her to stand firm during the long years through which she has been battling for that right.

desirable habits of the sex with which she claims her equality. If she is to lift politics from the mud in which it has long made its bed, the cigarette will never prove an effective lever. The anti-fragrant is quite as frequently found to be a devotee of Madame Nicotine as her larger-minded sister. And her lack of common-sense reasoning is shown in her plea for the preservation of the sanctity and beauty of the home life, while she endangers the physical and mental welfare of her unborn children by the use of a slow poison.

But one who basins long in this reluctance to matter from which one of these social centers the light is shed soon misses the steady, clear ray of common sense. Uncommon sense has blurred that ray by its glaring light. And in many instances the winds of publicity have blown it out.

The woman who does not take the proffered cigarette after luncheon or dinner is regarded with polite surprise. And this is the land where woman is, rightly, even when wrong in her methods, most vigorously demanding the ballot.

The woman who does not regard dress as an important item in this mortal phase of life errs in judgment. A woman who used good sense in her reasoning would know that indecent fashions never emanated from decent

ment taking precedence of the home-making instinct. That instinct marks a distinct step forward in the evolution of a higher humanity. A beautiful, well-ordered, comfortable home, however simple in its adornments, a home where evidences of personal interest and feminine taste are everywhere visible and where an atmosphere of peace and content is felt by all who enter, is an anteroom to paradise.

When men stray from the path of rectitude and play with danger, they know what they are doing and know they are not justified; but they indulge their selfish impulses and defy consequences.

When a married man or a bachelor crosses the boundary line of friendship and trespasses on the realm of passion where dwells some woman who is not his to woo, he knows exactly where his path leads. But three-fourths of the women who figure in divorce courts are named as co-respondents by angry husbands, have drifted into the compromising situation through a lack of common sense. They have listened to the platitudes about platonic love; they have allowed themselves to enjoy attentions which flattered their vanity, and they have gradually been led into compromising situations by failing to take a common-sense view of the subject from the start.

Love and loyalty, even when accompanied by unselfishness and economy, often fail to render a man happy in his domestic life if there is a woeful lack of tact or a superabundance of nerves in his home. It is a lack of common-sense reasoning which causes a woman always to want to talk or be talked to when the man wants to read or relax; to want to go out when his mood is to stay at home; to want to stay at home when he shows a desire to go out; to become hysterical or sulken when he praises another woman; to be disorderly in her habits, or to carry order to the extent of eliminating comfort from the home, and to declare she will go home to her mother when he objects to any of these small but irritating peculiarities. The misdeeds of man in the conjugal relation are usually large, and cry forth from the house-tops to all the world, and are the result of undeveloped moral qualities.

Mysteries of Science and Nature

By GARRETT P. SERVISS.

"In mention of the comet now under observation, reference is made to Capella. Could you give us an article describing this great sun, and what is known of its satellite together with some comparison as to size with our solar system? T. C. F., Santa Paula, Cal."

Can I can any body, truly "describe a sun that is at least a hundred times brighter and hotter than the blazing orb which makes the earth's day by reaching a cross 90,000,000 miles of space and merely touching it with one two-thousandth-millionth part of its total radiation?"

If the earth were as near to Capella as it is to the sun, the thermometer (if an instrument could be made capable of bearing such a temperature) would rise in July not merely to a 100, but to 10,000 degrees Fahrenheit!

The oceans would fly off in puffs of steam. The forests and fields would kindle and burn like matchwood. The mountains and hills would melt like beeswax in a red-hot oven. The earth in the rays of Capella would be as a moth in a candle flame.

People who live on worlds revolving around little suns like ours are the villagers and rustics of the universe; the cosmopolitans dwell upon the satellites of giant stars like Capella; for where they shine are the capitals of space.

The scale of things in the planetary system of such a star is proportioned to the power and splendor of its central orb. We are very comfortably situated at a distance of some 90,000,000 from the sun. In Capella's system the same relative situation would demand a distance of nearly 1,000,000,000 miles.

A vast and wonderful sphere of light, fading gradually into the darkness of surrounding immensity, envelops Capella. The similar, but miniature, globe of luminosity that our sun forms about itself becomes so dim at the distance of its farthest planet, Neptune, that that lone world seems almost lost in the twilight of endless space. But a planet encircling around Capella at a distance of Neptune from the sun would enjoy a very brilliant daylight, while 25,000,000,000 miles away would still have as much light as Neptune has in our system.

If you could lay the sun beside Capella on a table, it would look, as to size, like a boy's marble beside a cannon ball. The diameter of the sun is about 865,000 miles; that of Capella, on the assumption of equal intrinsic brightness of surface, cannot be less than 4,500,000 miles. Its attractive power is about a thousand times that of the sun, which is the same ratio the sun's attractive power bears to that of the planet Jupiter. If the sun were to approach Capella it would become a satellite of that star, and astronomers in distant parts of the universe would look through their telescopes and exclaim: "Why, see! Capella has been picking up a new companion, a tiny, shy-looking twinkler which is almost swallowed up in the rays of the big star. A delightfully novel, little incident in interstellar space!"

But, in reality, Capella is already a double star, and one of the most wonderful in the heavens. Its companion is no comparatively body like the sun, but a huge orb of nearly the same size as itself.

Yet one of these linked stars is twice as bright as the other and, notwithstanding their close association—they are probably only about 10,000 miles apart—they belong to the separate spectroscopic types, which is somewhat the same as saying that two prisoners, chained to work together in the galley, are members of two races, for instance, a European and a Malay.

The brighter star in Capella (for to the eye they blend into one) is intimately allied in constitution to the sun, while the other resembles the "Little Dog Star," Procyon, which has the peculiarity of showing a strong ultra-violet strain in its spectrum.

For the sake of accuracy it should be added that the relative figures of size and brightness given above, in comparison with the sun, should really be understood as applying to the two stars in Capella reckoned as one. In other words, taken together they are a thousand times as bright and a thousand times as strong, gravitationally, as the sun. But for ordinary purposes it seems to very much the same thing, since, as already said, the eye, and even the telescope, shows Capella as if it were a single star.

There are also some variations in the conclusions that different investigators have reached concerning this strange and beautiful celestial object.

According to some, the two linked stars are very lacking in density, so that, while their luminosity is a hundred times the sun's, their combined mass, or gravitational power, is only seventeen times greater than his.

The distances of Capella from our solar system is about 250,000,000 miles, which explains the fact that it appears to our eyes only as a bright star, while in truth it is a stupendous sun. Distance is the great character that turns giants into pygmies.

Capella is the brilliant white star seen at this season, low down in the northwest right after nightfall.

Advertisement for Nadinola Cream, a skin treatment product. Text includes: "Beautyify the Complexion IN TEN DAYS Nadinola CREAM The Unequaled Beautifier USED AND ENDORSED BY THOUSANDS Guaranteed to remove tan, freckles, pimples, liver spots, etc. Extreme cases about twenty days. Rids pores and tissues of impurities. Leaves the skin clear, soft, healthy. Two sizes, 50c. and \$1.00. By toilet counters or mail. NATIONAL TOILET COMPANY, Paris, France. Sold by Shreve & McCann Drug Store, Junction Drug Co., Specialty Drug Dept. and others."

Advertisement for skin care products. Text includes: "What to Use and Avoid on Faces That Perspire Skin, to be healthy, must breathe. It also must perspire—must expel, through the pores, its share of the body's waste material. Creams and powders clog the pores, interfering both with elimination and breathing, especially during the heat of summer. If more women understood this there would be fewer self-raimed complexion. If they would use ordinary mercurochrome instead of cosmetics they would have natural, healthy complexions. This remarkable substance actually absorbs a bad skin, also unclogging the pores. Result: The fresher, younger under-skin is permitted to breathe and to show itself. An exquisite new complexion gradually peeps out, one free from any appearance of artificiality. Get an ounce of mercurochrome wax at your druggist's and try it. Apply nightly like cold cream, for a week or so, washing it off mornings. To eradicate wrinkles, here's a marvellously effective treatment which also acts naturally and harmlessly. Dissolve 1 cc. powdered exfolite in 1/2 pt. witch-hazel and use as a wash lotion.—Advertisement."