

how many of them can you recognize? setting and flaming magnificently on the How many of them do you know by horizon. The spectroscope shows that name, or by appearance and surround- Capella closely resembles our sun in con-WILES? stitution, but it is more than a hundred

Yet the geography of the heavens is times brighter. easier to learn than that of the earth, To the right of Capella are the twin sons. and this is a good time to begin. Just stars Castor and Pollux, in the constella- "A girl works pretty hard to get a heaunow, about 9 o'clock at night, there are tion Gemini. If our sun were near either tiful voice, or just to cultivate a fairly have ever seen-for a minute she drop- indigestion-or both no great planets (which are likely to be of them it would fall a captive, like a pleasing one-but it pays-even in unex. but it pays-even in unex. much smaller than they are. beginner in learning the real stars.

Here is a little chart which will help ens at 9 o'clock in the evening. The top the constellation Uras Major, and the ingenuously. is north, the bottom south, the right- outer pair in the bowl of the "Dipper" hand west and the left-hand east. The point directly to the North or Pole star, center is the space overhead.

Look first toward the south. There you to swing. This star, too, is of enormous possible combinations of slender curves. see right on the meridian, a bright white actual size, although it does not appear star less than half way from the horizon as bright as many of the others. to the point overhead. It is Spica in the At least two of the great stars men.

constellation Vigro. It is a sun prob- tioned have very remarkable companions, natural figure. ably thousands of times brighter than Spica is attended by a huge dark, or inmurs. How do we know that? By com- visible star, with which it swings swiftly polsed on her feet," said Miss Barnard, won't you tell me what rules of hygiene and washed into a clean fresh mass you puring the amount of light that it sends round and round like a black and a white "She learns to stand so that she may and diet you bring to be its lieutenants?" dress it as smoothly and gracefully as is with the light of the sun, and then wrestler striving to trip each other. The spring instantly into action; she never membering that the intensity of light companion sun of Capella is not dark, slouches or lounges or falls into ungrace. can put them into practice," said the as background for your face. tails off as the square of the distance. but so closely are they grappled that only ful lines or abandon into which her figure charming singer. "Simple foods, with no Fut the sun a thousand times as far the spectroscope is able to show that with a little unfortunate practice, might ices or sodas or pastries, are my idea of served the rules of keeping your internal away as it really is and its light would there are two of them.

he a million times less than it now ap- Whether these struggling suns have She is poised, tense, alert. That keys her I like without falling prey to indigestion: by externals. Keep the skin clean and pears. But Spica is at least two million accidentally met or were created together, up to look and feel vividly alive, and it but I take no advantage of that ability, uncogged and free to do some correct imes as far away as the sun, and we is a question that cannot now be annow that at that distance the sun would swered. he invisible, except with the telescopes. I am doing you a kindness when I ad-

for its light would be diminiahed four vise you to go out the first fair night from drooping at the corners. million-billion times! Yet Spica, at that and make acquaintance with these won- "In singing, you learn to hold the musnaked eye.

horizon, you can catch a brilliant red Greek, declared more than 2,000 years your lungs at each deep breath." sleam. It comes from the star Antarea, ago that "from all quarters the heavens is one of the giant suns, and a telescope it is strictly so

Sophye Barnard, the Big-Voiced Vaudeville Singer

seeker, just try a course of singing les- | Miss Barnard threw off her negligee and on rich, heavy foods, and breathe the

stood revealed in pink slik shirt and heavy, artificial air of the restaurant the when it is young; and, although it has knickers-the preliest little gymn suit I while they do it are sure to get fat-or very sharp claws, it keeps them con-

"You may great stress on simple food scratch. confused as stars) visible to puzzle the child in the hands of a giant, for it is pected ways, for she suddenly finds a in. Every line of her figure sagged in and correct poise. The inner woman good figure thrown in as a premium, and carlcature of its flowing curves. Then seems well taken care of in your rules by apparently paying you a compliment. North of the point overhead is the a good figure is a rather attractive thing is a starter attra you. It represents the whole visible heav- Great Dipper, formed by seven stars of to possess, isn't it?" added Miss Barnard. tensely alert, with the weight of her tell all of us how to have amouth, sating body awung forward onto the ball of hair and skin?"

Rarely does one see a more beautiful that foot. She took a deep breath, begin- "Do you consider me qualified to give little cheap diamond chips make up no She will see that you meet other women figure than Miss Barnard's, which is ning at the firmly held abdominal walls, advice on those subjects?" asked Miss around which the whole heavens appear made of absolutely the most graceful and pulling the air up into full white Barnard in the pleased tone of a good chest. Throat, shoulders and chest pulsed child who has been praised. "I did, and I do.

thing her theories may be taken as the into firm contours; and shoulders and last word on how to make a perfect polse throat like Sophys Barnard's became in "You wash your hair more times than

bring out every good point in your own themselves beauties worth emulating. the old-fashioned theories taught you to "I think your first beauty secret is too -you brush it all the time, whenever you "The artress learns to be always lightly good to stay a secret long," said 1. Now set a chance, and then when it is brushed "My rules are all very simple-anyons possible, and keep it in its proper place "And as for skin, when you have ob-

easily come to arrange fiself naturally, the correct diet-although I can eat what system sweet and clean, you do the same trains her figure into the right lines. It is and I suppose the reason I can combine breathing of its own, and then make it just as important to keep your figure a welsh rarebit and brolled live lobster soft and flexible by the constant use of from sagging as to keep your mouth and strawberry ice cream is because I good cold cream." don't!

Perhaps all this sounds like constant, "I lead a very regular life, too-though unceasing hard work. If you feel disdistance. is still a bright star to the ders of the sky, for no one ever studied cles of the abdomen tense, to keep the the popular fancy does not picture an couraged before ever you begin-look or even looked at the universe without chest high and filled with an everchang- actress doing that. I always am in bad carnestly at Miss Barpard's beautiful Off in the eastern quarter, close to the feeling the better for it. Aratus, the ing supply of clean air as you ventilate by 12; acarcely ever visit cafes, but have arms and shoulders, at the perfect symmy after-theater parties at home, where metry of her graceful figure. To ap-"Won't you give me a little exhibition I am sure of simple, wholesome food, of proach "a consummation so devoutly to in the constellation Scorpio. That, too, speak to man," and you will find that of correct standing and breathing?" I pure air to breathe, and of getting to bed b; desired" who will not sacrifics a bit in due season. People who dine in cafes of old and some lasy habits?

confident it won't occur to him until it

has happened.

In looks the Cat is of a harmless and even innocuous appearance, especially

cealed until there is a good chance to

One of its favorite ways of clawing is woman: "My dear, what a pretty new ring you have. I always think those tom of her heart, a born match-maker.

J.G. Kanta Kan

does. Then it's too late. The catastrophie Advice to the Lovelorn

By BEATRICE FAIRFAX

Tell Your Best Friend.

Dear Miss Fairfax: I would like to eset tablish a home. I have no woman ac-quainfance. Can you give me any help or direction toward the attainment of my desire either through social or direct in-troduction? H. G. M.

his wife, and every woman is, at the boteffectively;" or, "Dariing, how well you, and have a choice

Nature's Way Is The Best. Buried deep in our American forcest we find bloodreet, queed's root, man

rake and stone root, golden seal, Oregon grape root and cherrybark. Of these Dr. R. V. Pierce made a pure glyceric extract which has been favorably known for over forty years. He called it "Golden Medical Discovery."

This "Discovery" purifies the blood and tones up the stomech and the entire system in Nature' own way. It's just the tissue builder and tonic you require when recovering from a hard cold, grip, or pacumonia. No matter how strong the constitution the shomach is spit to be "out of kiker" at times; is consequence the blood is disordered, for the stomach is the laboratory for the constant manu-facture of blood. Dr. Fierop's Golden Medical Discovery strengthens the atomach-

puts it is shape to make pure, rich blood-helps the itwest and kidneys to expel the poisons from the bady. The wesk, nerv-ous, ran-down, debilitated condition which so many people experience at this time of the year is usually the effect of ons in the blood ; it is often indicated by pimples or boils

poisons in the blood; it is often indicated by pimples or boils appearing on the skin, the face becomes thin-you feel "blue," "More than a week ago I was suffering with an awfol cold in my head, throat, breast, and body," writes Ma. JAMMS G. KENT, of 719 L. Street, S. E., Washington, D. C., "Some called it La Grippe, some pneumonia. I was advised by a friend to try a bottle of your "Goldan Medical Discov-ery." I tried a bottle and it did me so much good that I feel safe in saying it is the greatest and best medicine that I over took. My health is much better than it was before using your medicine. It does all you claim for ft mul is satisfactory."

asked.