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STAR DUST
 BY JOSH

A WORD FROM JOSH WISE.

"Some people think the world's a merry-go-round—a place to have a dizzy time."

It is fact that causes popularity. For instance, now, if the frost would just avoid the growing vegetables and land heavily on the ragweed.

Strategy.
 "I thought your bank wasn't going to give any vacation this year."
 "It didn't intend to," replied the assistant cashier, brown from a long outing, "but I put on an anxious look and pattered over my books so long they insisted on my taking a rest."
 "So they could examine your accounts?"
 "Sure. And they found them in such elegant shape that when I struck for a raise they had to give it."

Making Practice.
 "These mere vassals of the town

have the audacity to say my poems make them sick," said the proud bard. "You don't object to them, do you, sir?"
 "No, indeed," hastened the stranger.
 "And may I ask who you are?"
 "Why, I am the town physician."
Persistent Young Man.
 "Do you know, young man, that my daughter is accustomed to every luxury?"
 "Is she, sir? Then I feel quite sure that a complete change will be good for her."
 "Yes, indeed."
 "The man who raises his children properly deserves a great deal of credit."
 "And the man who dresses his wife fashionably needs a great deal of credit."
St. and St.
 Our neighbors? Well, they're hard to beat, but half the people in our St. hate to make complaint, but half the people in our St. would aggravate a St.

THE SECRET OF GRACE
 BY DR. W. C. LATSON

Grace is merely a term used to describe motions that are free, easy and in balance. Such motions are entirely natural to most animals and to children.

Why, then, is not every man and woman graceful? Because many of the commonest conditions of everyday life make graceful motions impossible. No woman can be graceful if she wears high heels and a tight, high-neck dress. No man can hope to have an erect, virile carriage and graceful presence if he sits bent over a desk all day, and omits to take corrective exercise. Over effort and anxiety, too, of which there are so much in the world, always produce muscular tension; and such tension is ruinous to grace.

There is one way and one way only to regain it when the easy grace of childhood has been lost. And what is that? Dress simply and lightly, avoiding, as far as possible, all that would cause pressure or tension anywhere. Take care of the general health and don't worry. Lastly, practice regularly and persistently exercises such as I describe hereafter for the freeing of the muscles and the acquirement of bodily balance.

The first thing is to be erect, and for this the following exercise is the best I know: Stand easily, feet together. Now take full breath, at the same time turning the face upward and swinging the arms up until they are extended easily above the head. Then, holding the breath, rise upon the toes and stretch upward as though trying to touch some object just beyond the reach.

Now for swing and balance: Stand easily, feet slightly apart. Now begin to turn the body as on a pivot, first to one side and then the other, allowing the arms to swing as they will. The great point in this exercise is to do it easily—with the least possible effort.

Lastly, let me recommend two valuable exercises for muscular ease and relaxation.

Stand with feet together, muscles relaxed. Now let the head fall on the breast and then let the body follow, arms hanging limply toward the floor. Do this without bending the knees. Return to upright position without delay.

The other exercise is simply to lie down flat on the floor, relaxing all the muscles and rolling over and over, first in one direction and then in the other.

SAYS AN OLD FASHIONED WOMAN

Brushing woolen underwear or hose on the wrong side before washing decreases the labor 50 per cent.

Berries will not stain the fingers if handled in cold water.

To remove corn silks, brush the ear from small to large end with a cloth.

Scissors may be sharpened quickly by drawing the blades—as though cutting—over the neck of a bottle.

A strip of adhesive tape on the heel where the new shoe rubs will prevent a blister.

To cure hemorrhoids, take three swallows of water in one breath. Sprinkle salt on soot spilled upon the carpet, and both may be swept up without soiling it.

Nothing is quite so good for cleaning a bath tub as gasoline. Plain baking soda is the best scourer for jar tops.

A piece of absorbent cotton in the palm of your gloves will take up all the moisture of the hands.

Fruit stains on the hands may be removed by rubbing them with a crushed tomato.

Onion odor on the hands may be removed by rubbing them with a stalk of celery.

The white of an egg spread over a burn is a soothing and effective remedy.

A piece of letter paper worn next the skin on the pit of the stomach will prevent car sickness.

If a drop of sewing machine oil gets on white cloth, talcum powder sprinkled on it liberally will absorb the oil, leaving no spot.

Religion can only defend truth as it discovers new truth. They who forget no injuries do their forgetting on benefits.

It is easy to mistake a regret for the past for a resolution for the future.

There is not much good in the man who thinks himself as good enough.

Many a man who makes up his mind to do better next year would do a great deal better if he would only bite off one day at a time.

THE BANEFUL EFFECTS OF BAD BOOKS

A youth of a Pennsylvania city, having confined himself to a mental diet of thrilling dime novels, has turned holdup man.

It is a perfectly natural outcome of cause and effect, and often occurred before, and will often occur again.

Ideals and temperaments are molded by what we read. The moral as well as the mental effects of reading cannot be overestimated.

An author has said that the kind of man you admire is the kind of man you are.

Our admirations are magnets that draw us unconsciously in their direction.

A people may be known by the men it elevates for popular esteem. The nation that elevates its military heroes into something like gods will seldom be at peace. The nation that holds scholarship, art and music in reverence will increase in culture. For popular thought controls a nation's course and destiny far more than does its laws.

The harmful effect of elevating bad men as heroes in popular opinion cannot be measured. The one boy who turns bandit and the thousands of boys who turn to crime as the result of worship of a desperado are only surface indications of a degradation which is general. To make a desperado a hero is to warp the morals of millions of youth.

Shakespeare gives us many bad men and bad women, but none of them emerges from the plot as triumphant hero or heroine. He nor any other writer who has regard for true realism or ethical effect ever makes a winning hero of a Jesse James or a Frank Tracy. He finds a higher dramatic effect in stringing them up to trees.

But the baneful effects of bad reading are by no means confined to boys. Thousands of girls and grown up women have their minds warped and enervated by trashy love stories. They transport themselves to a world far distant from the real one. They waste themselves for useful and happy life. Every aspect of existence is distorted. Every right ideal is shattered and replaced with diseased imaginings.

The importance of good associations is pretty well realized. It is good to remember that when books are our associates, they, too, should be of the best.

THE QUAKER DRUG STORE

WHOLESALE DRUG RETAIL

DOWN-TOWN STORE 1013-1015 FIRST AVENUE
 UP-TOWN STORE PIKE ST. AND WESTLAKE AVE.
 FREE PHONE AND LADIES REST ROOMS AT BOTH STORES

USE YOUR PHONE IND. 2915 — MAIN 1240
 WE DELIVER FREE TO ALL SEATTLE.

THE QUAKER SELLS IT FOR LESS

Quaker Stores' Advertisement

WILL APPEAR EACH DAY IN THE STAR ON

PAGE 8

Several Red-Hot Snaps in School Supplies, Drugs and Sundries on that page of this issue. Turn over to it.

Apparel for Women, Misses and Children
FREDERICK & NELSON, Inc.
 Store Closes Daily at 5:30
 Under One Roof—Everything to Furnish the Home Complete.

September Sale of Stoves and Ranges

Heating Stoves, Cook Stoves and Ranges are offered in the September Sale at prices so low as to make buying now, in advance of the busy season, a matter of considerable economy. Two typical special values in Heaters:

September Sale Price \$5.00	September Sale Price \$7.50
The Peerless Oak Heater with 11-inch firepot. Is suitable for wood or coal. Has polished steel body, nicked top ring, nicked urn, nicked door panel, nicked name-plate and nicked foot-rails.	The 17-inch Beech Peninsular Heater, for wood. Has polished steel body, cast-iron top and base, cast-iron lining. An excellent heater, priced in the 17-inch size as above—19-inch, \$9.50; 21-inch, \$11.00; 23-inch, \$12.50; 25-inch, \$13.50.

9x12 Rugs Specially Priced
 Strong buying inducements are presented in this gathering of 9x12 Rugs reduced for clearance, as follows:
 9x12 VELVET RUGS, one pattern at \$12.90; two patterns at \$16.75; one pattern at \$16.90.
 9x12 WILTON VELVET RUGS, four patterns at \$21.95.
 9x12 AXMINSTER RUGS, four patterns at \$17.85.

Inlaid and Printed Linoleum
 INLAID LINOLEUM, SPECIAL \$1.00 SQUARE YARD—Five different patterns are offered in this special assortment at \$1.00 per square yard.
 PRINTED LINOLEUM, SPECIAL 35c SQUARE YARD—Four patterns comprise this special gathering at 35c square yard.
 NOTE—There will be an additional charge of 10c per square yard if we lay this special Linoleum.

High-Class Cluny Lace Curtains Attractively Priced
 Unusually low prices prevail on a newly-arrived collection of ecru Cluny Lace Curtains, made to our order, of high-grade net with pleasing trimming effects of Cluny edging and insertion—2½ yards and 3 yards long; \$3.25, \$3.50, \$4.50, \$5.00 and \$6.75 a pair.

Mail Orders Filled at Advertised Prices
FREDERICK & NELSON INCORPORATED
 Mail Orders Filled at Advertised Prices

A PLAY DRESS.

down right now!—Philadelphia Press.
 "It is easier to get divorced than married in Switzerland."
 An Arctic explorer has perished in the snow. Who'd have thought the pastime of arctic exploration would become extra hazardous?
 "Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above or that is in the earth beneath, or that is in the water under the earth."—Ex. xxiv.
 Mrs. Lushington—And there you were, at 3 o'clock in the morning, hugging that cigar store Indian.
 Mr. Lushington—Surely, my dear, you are not jealous.—Judge.
 Passenger: Does this car go to the suburbs?
 Conductor: Yes, lady, but (consoling) it comes right back.

\$500 Reward
 For any case of alcoholism that I cannot cure in from 2 to 3 days.
J. B. BRISBOIS
 Globe Hotel
 Cor. First Av. and Main St.
 Private Office, Ind. 4221.

H. L. KLEIN
 The Best Shoe Repairing in the City While You Wait.
 217 JAMES ST.

SENTENCE SERMONS.
 Henry F. Cope in Chicago Tribune.
 Hatred always works greater havoc on its source than on its objects.
 Obey the best you know and the better will take care of itself.
 Christianity is a campaign for character by the power of character.
 A little kindness will lift the world more than the greatest creeds.
 More people are being relieved of rheumatism, headache and neuralgia by using the Arnold Vibrator than you know. Call or write for our book "Vibratory Massage for Health and Beauty." It's free.

Arnold Vibrator Co.
 340 Arcade Annex

Here Is One of the New Bradbury System Suits

ONE of the many swagger garments that makes our Autumn Showing of Men's Togs the finest in the City.

We feature "Bradbury System" Clothes because we have found that they always make satisfied and permanent customers for us—for the man who once wears "Bradbury" Clothes is pretty sure to insist on the "Bradbury" label in the next suit he buys.

Easy to appreciate the reason why—examine closely the quality of materials and trimmings in every "Bradbury" Suit or Overcoat—try on one and see how perfectly it fits—notice the beauty—the "differentness" of the styles—all these things will tell you why "Bradbury" Clothes spell Satisfaction to their wearers.

You can get a good "Bradbury" Suit for \$20.00, a better one for \$22.50 or \$25.00—and so on, up to \$42.50—whatever price you pay, you get the best value obtainable anywhere.

Our Liberal Credit Plan is at your disposal, if you do not find it convenient to pay cash. We'll be delighted to have you take advantage of it, as do thousands of Seattle's well-dressed men and young men—pay a little down and a little at a time for the new outfit—no extra charge whatever for the privilege.

EASTERN OUTFITTING CO., Inc.
 1332-34 SECOND AVE. 209 UNION STREET
 "Seattle's Reliable Credit House"