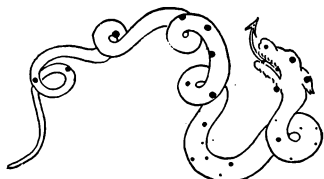
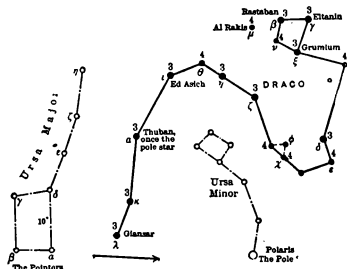

 THE SKY AND THE STARS

DRACO, THE DRAGON



DRACO

YOU have often read or heard about a frightful monster whose breath was poisonous and who fed upon men and animals. People of olden times believed there was such monster and called it dragon. People of today believe that the dragon existed only in men's imagination.

One of the constellations near the north pole is called Draco or the Dragon. At 9 P. M. in August, it can be seen just over the North Star, which you should be able to locate by this time. Although the stars in Draco are not very bright, it can be recognized without difficulty because of its form. Look at the picture carefully. There are five stars in its head and thirteen fairly bright stars in its body, while three dim little stars are in the end of its tail. Its body makes a great curve down and around the Little Dipper. The lower part of the body lies between the Big Dipper and the Little Dipper.

The ancient people, who were highly imaginative, saw this constellation as a terrible

Breakfast for School Children

By LUCINIA CHAVES-PERALTA *

Thinking that breakfast is not important, many children go to school without it, or hurry through their first meal. Such children show lack of interest in their studies. They feel and look dull. They don't feel like playing because they lack the necessary energy. A school child should eat a good breakfast, especially because the interval between the evening and morning meals is very long. Breakfast should be eaten slowly and with enjoyment. Give at least half an hour to it. While breakfast is a simple meal, it must be carefully planned so that each member of the family will have the food he needs.

Fruit is a good appetizer with which to start breakfast. Every child of school age should drink at least one glass of milk everyday. Coffee and tea contain no nourishing materials and should be taken only when mixed with plenty of milk.

Some breakfast menus for school children

1. Papaya
 - 1 poached egg
 - 1 sq. inch butter
 - 2 pieces of bread (pan de sal, small size)
 - 1 glass of milk (medium size)
2. Small atis
 - 1 saucer oatmeal with milk
 - 2 slices American bread
 - 1 sq. inch butter
 - native cheese— $\frac{1}{4}$ " thick, 4" long, & 3" wide
 - 1 cup chocolate
3. Banana
 - 1 plate rice
 - 1 fried fish (slice dalag or milk fish)
 - 1 fresh tomato with little salt
 - 1 cup coffee with plenty of milk

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dragon. This is the story they told about it. Draco, while on earth, sought to make war against Minerva, daughter of Jupiter. She was the goddess of wisdom and invention. In anger she seized the dragon with its twisted body and hurled it into the heavens. It stuck in the sky before it had time to uncoil itself. There you will find it twisted between the two bears.