ALONE

service has umerous diname roof are inexperienced fe to rememom in which on individual dress, what d how much al are detere feels like ering over it c, the main asant choice: er to dine in maller dining one prefers has only to or for "room appear with room are an ery item is the restaurdaintily set ly and to see ing hot dishes ld, makes it

registering at r the woman have a loosegle page may om for signhave a recnination of a careful not inless one is for another r 7 p.m., and until a later the bill and room is at rage may be me and called t the formal certain hour nce.

TEM. xpect letters. messages on Even in the ere is somece. A guest vard making This is also ng telephone ne operators uest's wherewishes to be wants good o obstacle in

FLOOR. ery floor or miort to re

veler. convenient ain elevator. ork because ! liability. She keys, receive PART in AVATU to that perning perplexfter a little

Pure cultures be obtained. experimental

Pigs. rous periods g pig comes ge from dry new corn

to upset the

ngry young

of new corn lera has long card, but an n and a sudnmer diet of d somewhat together difystems into any disease ung herd.

the change each day for old diet, inof the green of the latter ack the very ss "hoggishdanger will

lly alongside t other feeds righer as the ittle wonder rapted to do them over a onsumption periments at proved the orn with the any question But when wisele sumr profit may erd set back cing them to

during the t off every e formation ave but one if left to All of their in the proult they will r their first art them in nt and they se you by

REVOLUTION BROUGHT FLOT FREE - RETAIN YOU

They Came Into Existence With the Swift-Flowing Streams. This Can Only be Done by Keep



Evolution isn't something that happened in the past and then stopped. It's still going on to-day. The Australian frilled lisard, shown in the sketch here, is evolving into a two-legged animal. He gets up on his hind legs and runs for a short distance.

Secrets of Science.

By David Dietz.

The next step in the evolution of life upon this earth was the development of the fish-the first backboned animal. Previous forms of life, as we have seen, from the one-celled animals to the sponger and fellyfish and molluses were all extremely sluggish forms of

The fish is the first form to show that characteristic activity which we commonly think of as the chief attribute of animal life.

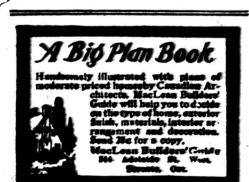
The geologist finds the first records of simple types of fish not in rocks formed from sediment laid down in the ocean, but in fresh water.

Therefore it is evident that the fresh-water fishes were evolved first and that ocean fishes descended from fresh-water fishes which were carried into the ocean by the streams and In this way, it is believed, the first Yet with me pause a little while, and are rife at this time and often a prelearned to live in salt water.

to how fish evolved. volutions" or upheavals of the land axis of the body of the fish.

into existence. turned into swiftly flowing ones.

Half the world is on the wrong scent in the pursuit of happiness.



this. Organisms accustomed to fresh water would find life disagreeable and for the most part impossible in sait

It now became necessary to combat the swift current in the streams or be a box. evicted from them.

There is a form of est to-day, known as the stream-borne lamprey, which clings to the stream bottom by its mouth and lets its body be whipped about by the stream in the same way that a flag is whipped about by the

Biologists believe that creatures of maintain their places in the swift streams.

This eel, in swiming, merely repreduces the motions which are to it by the stream when it passively clings to the stream bottom by its mouth.

fish learned to swim. Now the act of This important fact gives us a clew swimming requires a certain play of The more familiar coming of the day; muscles. This action is such as to be Bring me faint sounds I cannot hear Baby's Own Tablets in the house feels facilitated by a stiffening along the It was the result of one of those "ye. facilitated by a stiffening along the

which brought great mountain ranges As a result of this, fish were first As a result of this upheaval of the brane along their axis. In time this lage. Wext this was supplanted by a The sluggish forms of marine life bony axis. When this took place, the were swept into the sea as a result. true fish—the first back-boned animal were great disadvantages to —had been evolved.

Not His Patient.

The doctor hurried into a downtown Wait! Wait! Ah, wait, till once again restaurant and sat down at a side table. A languid waitress plumped down a glass of water in front of him and announced: "Boiled tongue, stewed kidneys, fried liver-"

The M.D. interrupted her. "Never mind your symptoms," he said. "Let's have something to eat."

same types of voices as their parents, pollen in August. Nine out of every according to a new scientific theory.



Curses on thee, little pest Filthy fly, unwelcome guest!

NO need to tolerate a single fly in your house. Flit kills flies.

Flit spray clears your home in a few minutes of disease-bearing files and mosquitoes. It is clean, safe and easy to use.

Kills All Household Insects

Flit spray also destroys bed bugs, roaches and ants. It searches out the cracks and crevices where they hide and breed, and destroys insects and their eggs. Spray Flit on your garments. Flit kills moths and their larvae which eat holes. Extensive tests showed that Flit spray did not stain the most delicate

Flit is the result of exhaustive research by expert entomologists and chemists. It is harmless to mankind: Flit has replaced the old methods because it kills all the insects—and does it quickly. Get a Flit can and sprayer today.

STANDARD OIL CO. (NEW JERSEY) Distributed in Canada by Fred J. Whitlow & Co., Toronto.



ing the Blood Rich and Red

If you would regain your vigor and ambition, keep your blood and nerves in good condition. Ansemia, or thin blood, lowers the vitality, starves the nerves and causes a general run-down condition. When the blood is thin the skin loses its color, the shoulders droon and weight is lost. The victim of anaemia loses appetite, suffers from indizestion, headaches and sleeplessness, and is nervous and exhausted after slight exertion. If you have any of these symptoms do not delay but besin treatment now with Dr. Williams' Pink Pills and you will be gratified with the prompt improvement in your condition. Among the thousands who have found new health through the use of this medicine is Mrs. Herbert Nagle, Ludlow, N.B., who says:-"I had not been feeling well for some time and was gradually growing weaker. I would take dizzy spells and often faint. I was subject to severe headaches and found it hard to do my work. I took doctor's medicine for some time, but it did me no good, and was still growing weaker. In this condition I began the use of Dr. Williams' Pink Pills and in a short time found they were helping me. I continued the use of the pills for a while longer, and found that the trouble that had bothered me was gone and I was once more a well woman." Get Dr. Williams' Pink Pills at your

druggist's or write The Dr. Williams Medicine Co., Brockville, Ont., and the pills will be sent post paid at 50 cents

A sign goes, and a bird awakes: A sleepy thrush, a mottled thrush whose wings

he sings: this sort were the first to learn to And like the drops of crystal on the ground

gold, -

stay /

mntil.

breeze:

From twilight on, and all the valley

and hush-

the thrush! Maxwell Struthers Burt, in Harper's Magazine.

Hay Fever.

From thousands of patients tested during the last few years, it has been found that Hay Fever is seasonal and All the children of a bass singer caused chiefly by pollenating grasses who marries a soprano will have the in June, rose pollen in July, ragweed ten people suffering from Fall Hay Fever in Ontario can blame ragweed. This plant begins to pellenate August 15th. The pollen, being as light as down, is blown by the wind to a distance of 100 miles in all directions.

Cause: Some people can breathe the pollen of certain plants and the lining of the nose treats it as ordinary dust; arm of a subject and detecting its apbut others suffer extremely after pearance in the other arm after the breathing air laden with pellen, due to blood has necessarily carried it inflammation of the nose and eyes be through both heart and lungs. It only cause the lymph in their blood (for takes from fifteen to twenty-two some unknown reason) tries to digest seconds to make the circuit of the the nollen as it touches the lining of body. the nose. Once a person becomes susceptible to this irritation, he will suffer from it for the rest of his life.

Heinful Hints: Prevent the attack by avoiding the pollen; during the pellenating season of the particular plant which irritates you, go to a district where the air is free from that posten. Three days in such air will see a compiete cure.

Treatment: No inhalation or other treatment for the nose is of any use; no patent medicine will cure hay fever. The only helpful treatment found as yet is injections of an extract of the particular pollen causing the individual-case. It is effective and many people who have been victims for years have found the treatment, reduced their suffering to about only one-twentieth of the usual time: it must, however. be repeated each year. The treatment is rather costly and can only be obtained from the few physicians who have given it special study.

Useful Discovery.

A Frenchman of Science declares that he has found out how to decompose the molecule of water so cheaply that a hydrogen engine may be employed to run your automobile for almost nothing. It sounds incredible, but so did much else that we have come to take for granted.

A Give-Away. Magician (to small boy he has called to the stage "Now, my boy, you have never seen me before, have you?" Small Boy-"No daddy."

Minard's Liniment for Corns and Warts



SHE DANCES TO THE WATERFALL

The wonderful setting of the little waterfall known as the Gianta Steps, Paradise Valley, near Lake Louise, apparently inspired this nature-dancer with the spirit of life, and with the song of the water and the soft whistling of the bird-life abounding in the woods around. She was photographed while dancing to the music of her soul. Miss Bozlee is spending a few weeks at the Canadian Pacific Railway hotel, the Chateau Lake Louise, from where early every morning she saddles a pony and rides to these falls where she can dance undisturbed, with only the blue sky and multi-colored birds to see her and marvel at the rhythm of her movement.

Shake off the dew the moment when KEP CHI DEEL WELL

Every mother knows how fatal the Dim, dim, oh, beauty that awaits the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles clous little life is lost after only a few hours illness. The mother who keeps

I hear the haunted waterfall and hill; lets prevent stomach and bowel troubles, or if trouble comes suddenly—as As a result of this, fish were first it generally does the Tablets will Make every opportunity bring the baby safely through. They land, placeld, sluggish streams were developed into a supple rod of carti. The echo of the slight, moon-shivered are sold by medicine dealers or by mati. The best is yours, so do not fear at 25 cents a box from The Dr. Wil- The bridge you'll never cross.

leacher kept me after school: All I did vas break a rule. Be strong, look up, and just ignore-Said 1," I'll tell you what 111 do: ~

How fast does your blood flow? Two Boston doctors have measured its speed by injecting radium into one

Na Hope.

Headache

Neuralgia

"Oh, Mister Officer, I've lost my dog-"That's all right. Put a want ad. in

the paper." "Oh, but Petsy can't read."

Colds

The Bridge You'll Never Cross.

It's what you think that makes the world

Seem sad or gay to you: Your mind may color all things grey Or make them radiant hue. Be glad to-day, be true and wise. Distinguish gold from dross; The bridge you'll never cross.

There's useful work for you to do. For hand and brain and heart: There's urgent human service, too.

If life seems drab and difficult, Just face it with a will: You do not have to work alone Since God is with you still. ress on with courage toward the goal, With Turth your shield emboss;

The bridge you'll never cross. Keep Minard's Liniment handy.

"The ideal kit for the schoolboy is soft shirt, wide open at the collar, with shorts," says Dr. E. Graham Lit-

Only three varieties of roses are natives of Britain; they are the dog rose, the double Scotch rose, and the sweet

Freed His Skin of **Psoriasis**

The discoverer of SOREMA, a Canadian Druggist of 35 years' experience, finally freed his skin of Psoriasis after 14 years of the usual treatment had failed. SORE-MA has since been used with equal success in long standing cases of Psortasis, Eczema, Acne, etc.

genuine

Proved safe by millions and prescribed by physicians for

DOES NOT AFFECT THE HEART

Neuritis

Toothache

SOREMA The NEW Skin Remedy is sold at your Druggiet's or write us direct. Sorema Ointment, \$1.00 per box. Blood purifying Tablets, 75 cents per box.

FLASH PRODUCTS, LIMITED 1105 BAY ST. . TORONTO

Lumbago

Accept only "Bayer" package

which contains proven directions.

Handy "Bayer" boxes of 12 tablets

Also bottles of 24 and 100-Druggists.

Rheumatism

Add onions, sliced green to coverin the usual way. These pickles will be ready to eat at the end of siz weeks, and will This is only one of the many recipes for delicious homemade Pickles, Catsups and Relishes in our Recipe Book. Write for a free copy.

I cup sait

Use this Ricipe for MUSTARD

Use an earthen jar:

I gallon vinegar

1 cup Keen's D.S.R.

Mustard

"Say it with flowers" has now asnumed the dignity of an international slogan. The president and forty delegates of the American Rose Saciety have recently been paying a round of visits to the principal rose gardens of Canada, thereby further fragrantly cementing the friendship between the

Glever Answer.

Teacher-"New, who was the father of the Black Prince?" Bright Lad-"Please, sir, old King

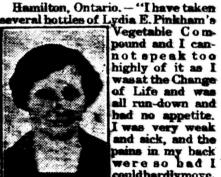
Sunburn

Mix Minard's with sweet old or cream and apply. Quick and per-manent relies.



OF MIDDLE AGE

Mrs. Wilson's Experience a Guide to Women Passing through the Change of Life



not speak too highly of it as I wasat the Change of Life and was all run-down and had no appetite. I was very weak and sick, and the pains in my back were so bad I couldhardiymove.

I got very sad at times and thought I had not a friend on earth. I did not care if I lived or died. I was very nervous, too, and did not go out very much. A friend advised me to try a bottle of Lydia E. Pinkham's Vegetable Compound, so I did. I am a farmer's wife, and always worked hard until lately, and was in hed for two months. I began to feel like a new woman after the first bottle and I recommend it with great success, also Lydia E. Pinkham's Liver Pills. I am willing to answer letters from women asking about your medicines, as I cannot speals too highly of them. Mrs. Elema Wilson, 471 Wilson Street,

Sold by druggists everywhere. O

Was In Agony With Blisters On Hands Cuticura Healed

blisters on the backs of my fingers After a few days the blisters would break and then dry up. It itched and burned terribly and scratching caused very red eruptions. I could not put my hands in water or do any work without wearing rubber gloves. I could not sleep nights on account of the irritation, and was in agony most of the time. The trouble lasted about a year.

"I read an advertisement for Cuticura Soap and Ointment so purchased some. After using them a short time I could see an improvement. I continued the treatment and now I am healed." (Signed) Mise Bernice Shannon; R. F. D. 2, Orleans, Vt., Sept. 15, 1925. Keep your skin clear and your

pores active by daily use of Cuticura Soap. Heal irritations and rashes with Cuticura Ointment. isingle Inch Free by Mail. Address (Smailer Depote Stanhaus, Ltd. Manissal. Price, Sea Sc. Olamest 25 and 59c. Thickney 25c. Scale Cuticura Shaving Stick 25c.

ISSUE No. 38-26.