

ALONE

of generous service has numerous dining rooms...

registering at the woman for a loom-like page may...

expect letters, messages on even in the...

presence of a very floor or comfort to...

a convenient main elevator, work because...

Pure cultures can be obtained...

Fig. 1. During periods of pig comes...

era of new corn has long heard, but an...

the change each day for old diet, in...

ly alongside other feeds higher as the...

during the off every formation have but one...

REVOLUTION BROUGHT FIRST FISH

They Came Into Existence With the Swift-Flowing Streams.



Evolution isn't something that happened in the past and then stopped. It's still going on to-day.

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 sponges and jellyfish and molluscs were all extremely sluggish forms of life.

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 learned to live in salt water.

This important fact gives us a clue to how fish evolved.

It was the result of one of those "revolutions" or upheavals of the land which brought great mountain ranges into existence.

As a result of this upheaval of the land, placid, sluggish streams were turned into swiftly flowing ones.

The sluggish forms of marine life were swept into the sea as a result.

These were great disadvantages to

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

A Big Plan Book. Handwritten illustrated with plans of moderate priced houses...

FLIT. Kills All Household Insects. Flit kills flies. Flit spray clears your home in a few minutes of disease-bearing flies and mosquitoes.

RETAIN YOUR VIGOR

This Can Only Be Done by Keeping the Blood Rich and Red.

If you would regain your vigor and ambition, keep your blood and nerves in good condition. Anemia, or thin blood, lowers the vitality, starves the nerves and causes a general run-down condition.

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 box.

Mountain Down.

Across the dark linked loveliness of lakes A sign goes, and a bird awakes;

A sleepy thrush, a mottled thrush, whose wings Shake off the dew the moment when he sings;

And like the drops of crystal on the ground, After the song there is no other sound.

Dim, dim, oh, beauty that awaits the gold, Gray as an ouzel's wing, and cold,

Yet with me pause a little while, and stay The more familiar coming of the day; Bring me faint sounds I cannot hear until

I hear the haunted waterfall and hill; The echo of the night, among the trees;

The echo of the slight, moon-shivered breeze; And that calm... which enchants the hills

From twilight on, and all the valley fills With dreams and dreaming radiance and hush;

Wait! Wait! Ah, wait, till once again 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 caused chiefly by pollenating grasses in June, rose pollen in July, ragweed pollen in August.

Helpful Hints: Prevent the attack by avoiding the pollen; during the pollenating season of the particular plant which irritates you, go to a district where the air is free from that pollen.

Treatment: No inhalation or other treatment for the nose is of any use; no patent medicine will cure hay fever.

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.

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 faddy."

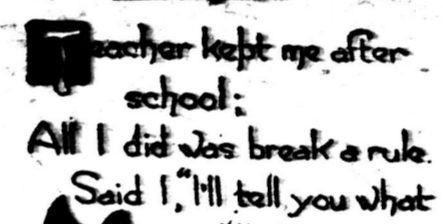
Minard's Liniment for Corns and Warts



SHE DANCES TO THE WATERFALL. The wonderful setting of the little waterfall known as the Giants 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.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera, infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness.



Teacher kept me after school. All I did was break a rule. Said I, 'I'll tell you what I'll do: I'll buy another rule for you.'

Blood Speed.

How fast does your blood flow? Two Boston doctors have measured its speed by injecting radium into one arm of a subject and detecting its appearance in the other arm after the blood has necessarily carried it through both heart and lungs.

No Hope. "Oh, Mister Officer, I've lost my doggie."

Genuine BAYER ASPIRIN. Proved safe by millions and prescribed by physicians for Colic, Headache, Neuritis, Lumbago, Pain, Neuralgia, Toothache, Rheumatism. DOES NOT AFFECT THE HEART. Safe. Accept only "Bayer" package which contains proven directions.

Use this Recipe for MUSTARD PICKLES

Use an earthen jar— 1 gallon vinegar 1 cup Keen's D.S.F. Mustard 1 cup salt. Add onions, sliced green tomatoes, small cucumbers, and cover in the usual way.

Keen's Mustard aids digestion

Rose Gardens. "Say it with flowers" has now assumed the dignity of an international slogan. The president and forty delegates of the American Rose Society have recently been paying a round of visits to the principal rose gardens of Canada.

Sunburn. Mix Minard's with sweet oil or cream and apply. Quick and permanent relief. MINARD'S 'ONE OF A KIND' LINIMENT.

TO WOMEN OF MIDDLE AGE

Mrs. Wilson's Experience a Guide to Women Passing through the Change of Life. Hamilton, Ontario. "I have taken several bottles of Lydia E. Pinkham's Vegetable Compound and I cannot speak too highly of it as I was at the Change of Life and was all run-down and had no appetite.

Was in Agony With Blisters On Hands Cuticura Healed

Exzema broke out in very small 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.