

TION BROUGHT FIRST FISH

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

water

this. Organisms accustomed to fresh

It now became necessary to combat

There is a form of eel to-day, known

Not His Patient.

The doctor hurried into a downtown

restaurant and sat down at a side able. A languid waitress plumped

The M.D. interrupted her. "Never

mind your symptoms," he said. "Let's

down a glass of water in front of him and announced: "Bolled tongue, stew

ed kidneys, fried liver-

have something to eat."

Secrets of Science By David Dietz.

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next step in the evolution of life this earth was the development -the first backboned animal. he fish revious forms of life, as we have

m the one-celled animals to onger and jellyfish and molluses all extremely sluggish forms of

fish is the first form to show fish is the first form to show haracteristic activity which we that a flag is whipped about by the only think of as the chief attribreeze. e of animal life.

simple types of fish not in rocks this sort were the first to learn to he sings; And like the drops of crystal on the maintain their places in the swift streams. cean, but in fresh water.

Therefore it is evident that the This eel, in swiming, merely repro-duces the motions which are to it by Dim, dim, the stream when it passively clings cold 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 clew to how fish evolved.

It was the result of one of those "re-volutions" or upheavals of the land which brought great mountain ranges As a result of this, fish were first

Ato existence. evolved with a pliant cellular mem-As a result of this upheaval of the brane along their axis. In time this ind, placcid, sluggish streams were developed into a supple rod of carti-rined into swiftly flowing ones. lage. Next this was supplanted by a The swerg great disadvantages to —had been evolved.

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

A Big Plan Book All the children of a bass singer who marries a soprano will have the same types of voices as their parents, according to a new scientific theory.

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. Anaemia, 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 droop and weight is lost. The visitm of anaemia loses appetite, suffers from in-digestion, headaches and sleeplessness, and is nervous and exhausted after slight exertion. If you have any of these symptoms do not delay but begin 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 of-ten faint. I was subject to severe headaches and found it hard to do m 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. Wil-liams' Pink Pills and in a short time found they were helping me. I con tinued 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 you water would find life disagreeable and for the most part impossible in salt druggist's or write The Dr. Williams Medicine Co., Brockville, Ont., and the pills will be sent post paid at 50 cents a box. the swift current in the streams or be evicted from them.

Mountain Dawn.

as the stream-borne lamprey, which clings to the stream bottom by its Across the dark linked loveliness lakes mouth and lets its body be whipped A sign goes, and a bird awakes;

sleepy thrush, a mottled thrush, whose wings Shake off the dew the moment when

After the song there is no other sound.

oh, beauty that awaits the the stream when it passively clings to the stream bottom by its mouth. gold.

Gray as an ousel's wing, and cold, In this way, it is believed, the first Yet with me pause a little while, and fish learned to swim. Now the act of stay 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 until I hear the haunted waterfall and hill;

> the The echo of the night, among

trees; The echo of the slight, moon-shivered

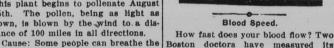
breeze; And that calm which enchants the hills

From twilight on, and all the valley 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. Nine out of every ten people suffering from Fall Hay Fever in Ontario can blame ragweed. This plant begins to pollenate August 15th. The pollen, being as light as down, is blown by the wind to a distance of 100 miles in all directions.





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. She was photographed while ancing 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.

The Bridge You'll Never Cross. It's what you think that makes th

world Seem sad or gay to you Every mother knows how fatal the Your mind may color all things grey hot summer months are to small child-Or make them radiant hue. ren. Cholera Infantum, diarrhoea, dysentery, colic and stomach troubles Be glad to day, be true and wise, Distinguish gold from dross:

KEEP CHILDREN WELL

DURING HOT WEATHER

are rife at this time and often a pre-clous little life is lost after only a few Waste neither time nor thought about The bridge you'll never cross. hours illness. The mother who keeps Baby's Own Tablets in the house feels There's useful work for you to do. safe. The occasional use of the Tab-For hand and brain and heart; There's urgent human service, too. lets prevent stomach and bowel trou-

bles, or if trouble comes suddenly-as In which to take your part; it generally does—the Tablets will bring the baby safely through. They Make every opportunity A worth-while gain, not loss: are sold by medicine dealers or by mail at 25 cents a box from The Dr. Wil-The best is yours, so do not fear The bridge you'll never cross.

> 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; Be strong, look up, and just ignore The bridge you'll never cross. Keep Minard's Liniment handy.

"The ideal kit for the schoolboy is a soft shirt, wide open at the collar, with shorts," says Dr. E. Graham Little, M.P.

Only three varieties of roses are na tives of Britain; they are the dog rose, the double Scotch rose, and the sweet brier.

Freed His Skin of Psoriasis



1 gallon vinegar 1 cup Keen's D.S.F. Mustard 1 cup salt

Add onions, aliced green to-matoes, small cucumbers, and cover in the usual way. These pickles will be ready to eat at the end of six weeks, and will keep perfectly.

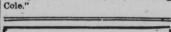
This is only one of the many recipes for delicious home-made Pickles, Catsups and Relishes in our Recipe Book. Write for a free copy.

Colman-Keen (Canada) Limited, Dept. 197



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

Clever Answer. Teacher-"Now, who was the father of the Black Prince?" Bright Lad-"Please, sir, old King



Sunburn

Mix Minard's with sweet oil or cream and apply. Quick and per-manent relief.





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 C om-pound and I can-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 wy back

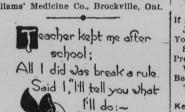




table.

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

N^O need to tolerate a single fly in your house. Flit kills flies.

Flit spray clears your home in a few minutes of dis-ease-bearing flies 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 fabrics.

Flit is the result of exhaustive research by expert entomol-ogists 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.



cause: Some people can breather the Boston dotted in radium into one pollen of certain plants and the lining speed by injecting radium into one of the nose treats it as ordinary dust; arm of a subject and detecting its apbut others suffer extremely after breathing air laden with pollen, due to infiammation of the nose and eyes be-cause the lymph in their blood (for takes from fifteen to twenty-two some unknown reason) tries to digest the pollen ag it to the blood to make the circuit of the the pollen as it touches the lining of body.

the nose. Once a person becomes susceptible to this irritation, he will suffer rom it for the rest of his life. Helpful Hints: Prevent the attack

gie. by avoiding the pollen; during the pol-lenating season of the particular plant which irritates you, go to a district where the air is free from that pollen. Three days in such air_will see a com plete 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 decom-pose the molecule of water so cheaply that a hydrogen engine may be em-ployed 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

The discoverer of SOREMA, a Canadian Druggist of 85 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 Psoriasis, Eczoma, Acne, etc.

Blood Speed.

No Hope.

"Oh, Mister Officer, I've lost my dog-

"That's all right. Put a want ad. in

I'll buy

another

rule for

400 "

SOREMA

The NEW Skin Remedy is sold at your Druggist'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



Proved safe by millions and prescribed by physicians for Lumbago Colds Headache Neuritis Neuralgia Pain Toothache Rheumatism

DOES NOT AFFECT THE HEART



Canada) of Bayer Manufacture of Monoacetic-c Acid, "A. S. A."). While it is well known assist the public sgainst imitations, the Tablets their general trade mark, the "Bayer Gross," a (Acetyl Salic

worked hard until lately, and was in bed for two months. I began to first bottle and I recommend it with great success, also Lydia E. Pinkham's Vegetable Compound, so I did. I am a farmer's wife, and al-ways worked hard until lately, and was in bed 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. Pink-ham's Liver Pills. I am willing to answer letters from women asking about your medicines, as I cannot speals too highly of them. "--Mrs. EMMA WILSON, 471 Wilson Street, Hamilton, Ontario.

Sold by druggists everywhere. o

Was In Agony With **Blisters On Hands Cuticura Healed**

"Eczema broke out in very small bilisters on the backs of my fingers. After a few days the bilisters 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 rend an advertisement for Cuticura Soap and Ointment so purchased some. After using them a short time I could see an improve-ment. I continued the treatment and now I am healed." (Signed) Miss Bernice Shannon, R. F. D. 2, Orleans, Vt., Sept. 15, 1925. Keep your skin clear and your "Eczema broke out in very small

Keep your skin clear and your ores active by daily use of Cut-ura Soap. Heat-irritations and ashes with Cutlcura Olntmert.

Sample Each Free by Mail Address Canadia Dopot: "Btenhouse, Ltd., Montreal." Price, Boa Zer, Ointment 25 and 50c. Taleum Zer.

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