SOME SYMPTOMS OF THIN BLOOD

Everybody Should be Able to Recognize Them Because Early Treatment is Important.

Anaemia, or lack of blood, is a stealthy disease and is often quite advanced before it is recognized. It is much easier to correct in its early stages, but if unchecked causes weakness, loss of weight, lack of vigor and ambition.

Some symptoms of anaemia are loss of appetite, indigestion, headaches, sleeplessness, shortness of breath after slight exertion, and often extreme nervousness. If you have any or all of these symptoms begin treatment now with Dr. Williams' Pink Pills, the tonic which will make the blood rich and plentiful. Every part of the body will respond to this treatment, as is shown by the case of Mrs. Isaac Bell, Sr., Port Anson, Ont., who says:—"A few years ago I was a very sickly woman. I was all run down and my nerves badly shattered. I had taken doctor's medicine, but as I got no help from it, I tried other medicines, but with no better results. One day while reading a newspaper, I came across an advertisement of Dr. Williams' Pink Pills describing a case very much like my own. I decided to try them, and by the time I had taken two boxes I could feel the benefit I was getting frrom them, so I cheerfully continued the treatment and was soon a well woman in better health than I had enjoyed for some years. In view of what Dr. Williams' Pink Pills have done for me I cheerfully recommend their use to all weak, run-down people."

Dr. Williams' Pink Pills are sold by all druggists, or may be had by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont. A free booklet, "Building Up the Blood," will be sent to any address on request.

Summer.

Bees are in the blossoms,
Birds are on the wing,
Roses climb, and summertime
Is kissing everything.
Little pansy faces
Wink and smile at me,
And far and near there's not a tear
That human eye can see.

There's beauty in the garden,
There's beauty in the sky,
The stately phlox and hollyhocks
Have put their sorrows by.
The gentle breath of summer
Has blown the cares away;
All nature sings, for morning brings
Another lovely day.

Yet some are blind to beauty
And some are deaf to song,
The troubled brow is heard to vow
That all the world is wrong.
And some display their sorrow,
And some bewail their woe,
And some men sigh that love must die
And summertime must go.

Yet some there are who blossom
Like roses in the sun,
Who dare to climb in summertime
When all their care is done,
They hide 'neath smiles of beauty
The sorrows they have borne,
They seem content that God hath sent
Another lovely morn.
—Edgar A. Guest.

How Hany Hairs on a Head?

Instruments invented by Charles Nessler, of New York, are capable of counting the hairs of the head and giving other data of interest to hair-dressers. It has been shown that the number of hairs growing on the average head is from 100,000 to 250,000, varying with the texture of the hair. Human hair grows at the rate of half an inch a month.

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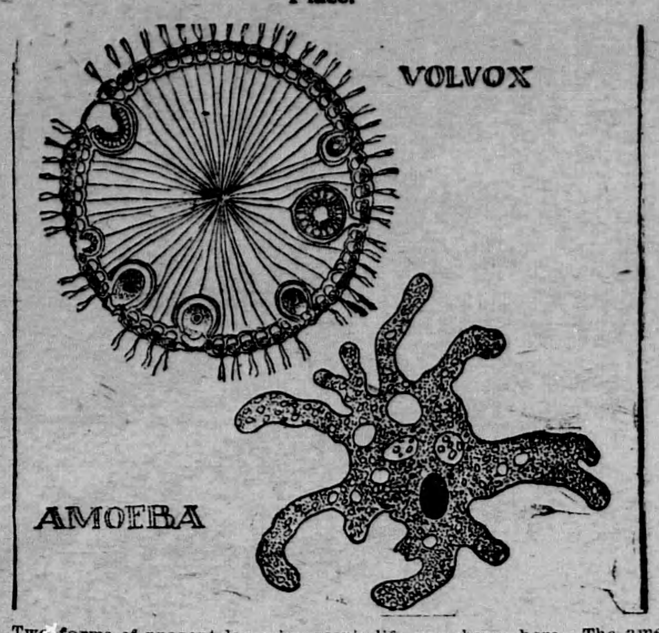
LIFE WAS ONE-CELLED AT START

But Division Into Plant and Animal Groups Soon Took Place.



Two forms of present-day microscopic life are shown here. The ameba is a one-celled animal. The volvox represents a more advanced state of evolution. It is composed of thousands of cells in a sort of colony.

Secrets of Science.

By David Dietz.

The first life upon earth was probably the simplest sort imaginable. Scientists agree upon this, though they do not know how life did originate.

Probably the first forms of life were merely microscopic globules of living matter.

In time, simple one-celled organisms evolved. To-day we find such simple one-celled organisms or animalcules, as they are sometimes called, which probably resemble those first organisms.

Scientists call these animalcules "protists." They aren't definitely animals or plants.

Some time later, probably millions of years later, the first great step in evolution came about.

Some of these organisms began to assume the characteristics of animals. Others, those of plants. This was the great parting of the ways, the dividing of life into the plant kingdom and the animal kingdom.

From this point on the evolution of life can be compared to a letter "V," the evolution of the plants going along one branch and the evolution of animals along the other.

We find to-day upon the earth microscopic one-celled plants and animals.

We imagine that these first plants and animals resembled them.

It is easy for us to see the difference between the animals and plants around us.

But it is not so easy to get down to the fundamental differences which would differentiate microscopic creatures into plants and animals.

Modern science, however, has succeeded in doing that.

Plants are organisms which feed at a low chemical level. That is, they feed on air, water, and chemical salts. They absorb these salts directly out of water or soil. They possess a green pigment known as chlorophyl. As a result of this pigment, they are able in sunlight to absorb carbon dioxide out of the air and turn it directly into carbon compounds.

Animals lack these powers. They feed at a high chemical level. That is, they feed on starches, sugars, fats and proteins, getting them by devouring plants or other animals.

There is a second great difference between plants and animals. Plants possess little activity. Their cells are boxed in walls of a substance known as cellulose.

Animals are active. Their cells do not have walls of cellulose, and in most cases not much of a wall of any sort.

The first plants upon the earth were probably microscopic one-celled green plants floating in the open sea. Similar plants existing to-day are known as flagellae.

The first animal was also in the sea. He resembled the present-day ameba. The ameba, found to-day in ditch water and muddy ponds, is a tiny irregular shaped speck of grayish matter like jelly. But it moves about and takes food by distending itself or flowing around the food speck and thus absorbing it.

Descendant of Governor

Duke Dmitri, of Leuchtenberg, Count de Beauharnois, lineal descendant of Charles, Marquis de Beauharnois, who governed Canada in the name of the French King Louis XV. between 1726 and 1747, is visiting for the first time the country in which his ancestor made history. He is joining his cousin, the Marquis di Albizzi, in a thirty-day tour of the Canadian Rockies and is taking part with him in the grand Pow-Wow held at the Ptarmigan Valley in August. He travelled from Cherbourg on the Canadian Pacific liner Melita and travelled C.P.R. across Canada. Coming down the St. Lawrence he was deeply interested in the province of Quebec with which he is historically connected, and passing through Fort William he had another reminder of the days, nearly two hundred years ago, when La Verendrye founded the city under the auspices of the Marquis de Beauharnois. His family still keeps a highly interesting letter written in French and Indian on birch bark addressed to the Marquis, thanking him for "the kindly care you have taken of your children," the Iroquois.

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WEST TORONTO

Coldstream Guards Band Will Tour Canada.

The band of H.M. Coldstream Guards are to make a tour of Canada. They will visit Winnipeg, Vancouver, Brandon, Calgary, Edmonton, Saskatoon, and will be at the Canadian National Exhibition in Toronto, where they will not only give a number of concerts, but they will also appear with the Exhibition Chorus of 2,000 voices.

The claim of the Coldstream Band, to be the oldest in the British Army, is, by the way, challenged by one, who states that the band of the Royal Artillery was formed in 1762, 23 years before the Duke of York imported German musicians as a nucleus of the Coldstream Guards' Band, and it was the first band to be officially recognized by a provision in the Army Estimates.

The formation of the Coldstream Guards Band, it is said, was due to an army strike. The civilian musicians who had previously provided music for the regiment put in a demand for higher pay, which was refused, whereupon they "downed instruments" and went on strike, a strike which failed owing to the strike-breakers engaged by the Duke of York, at the time Commander-in-Chief.

A Great Russian Composer.

Of the great famous Russian composers whose names have become familiar in England during the last twenty years or so, very few made music their profession, and some of them did not study it seriously until they had already become learned in other subjects and entered the army, the civil service, or the law. Modest Mussorgsky, the composer of "Boris Goudounoff," and one of the earliest and greatest inventors of modern methods, was trained as a soldier and became an officer in a crack Guards Regiment. As a subaltern, he was known as a person of ultra-refinement in dress and manners and as the follower of fashion and society life. It was while in the cadet school that he first took up music seriously, and his first composition, while he was a pupil of another famous amateur, Alexander Borodin, was written to supply a want for a dance among his friends. It was a polka!

A good big bath sponge had probably been growing for ten years before it was fished up.

Minard's Liniment for all pains.

The Cat.

Pleasures, that I most enviously sense,
Pass in long ripples down her flanks and stir
The plume that is her tail. She deigns to purr
And take caresses. But her paws would tense
To flashing weapons at the least offense.
Humbly, I bend to stroke her silken fur.
I am content to be a slave to her.
I am enchanted by her insolence.

No one of all the women I have known
Has been so beautiful, or proud, or wise
As this Angora with her amber eyes.
She makes her chosen cushion seem a throne,
And wears the same voluptuous, slow smile
She wore when she was worshipped by the Nile.
—Walter Adolphe Roberts, in Voices.

SAVE THE CHILDREN

In Summer When Childhood Ailments Are Most Dangerous.

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets relieve these troubles, or if given occasionally to the well child they will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the new-born babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Comfort on Roadways.

Speed has much to do with comfort in riding over rough roads. There are some types of pavements that can be made to seem smoother by driving ten or fifteen miles an hour faster, while others can be smoothed out only by driving slower. It depends upon the nature of the road, the wheelbase of the car, the number and weight of passengers carried, the air pressure in the tires and the type of spring control devices used. So the driver must experiment with each new stretch of road.

Minard's Liniment for Burns.

Canada Second in Exports.

Canada ranks second among the countries of the world in value of exports per capita.

Dredge Coal From River.

Operating near coal tips, a Liverpool dredger raised between 50 and 60 tons of coal in a day recently.

To remove rust from steel, nickel or iron, cover the affected parts with grease, leave for a few days, and then wipe with a rag dipped in ammonia.

The newspaper has the advantage of headlines to tell us precisely what we do not require to read.—Lord Blanesburgh.

RED ROSE TEA
"is good tea"
Over 30 years a standard wherever good tea is liked.

Opportunity.

With doubt and dismay you are smitten;
You think there is no chance for you, my son?
Why the best books haven't been written,
The best race hasn't been run.
The best score hasn't been made yet,
The best song hasn't been sung,
The best tune hasn't been played yet;
Cheer up, for the world is young!

No chance? Why the world is just eager
For things you ought to create.
Its store of true wealth is still meager,
Its needs are incessant and great.
It yearns for more power and beauty,
More laughter and love and romance,
More loyalty, labor and duty.
No chance—why there's nothing but chance!

For the best verse hasn't been rhymed yet,
The best house hasn't been planned,
The highest peak hasn't been climbed yet,
The mightiest rivers aren't spanned.
Don't worry and fret, faint-hearted,
The chances have just begun,
For the best jobs haven't been started,
The best work hasn't been done.
—Barton Braley.

Mother's Orders.

Ruth and Marjorie were spending the afternoon with their friend, Jane. At five o'clock they informed their hostess that they must be going.

"My dears," said Jane's mother, "can't you stay and have supper with us?"

"No, thank you," both replied. "Mother told us to come home at five."

Hats and wraps were brought. As they were being put on, Jane's mother asked again: "Are you sure you must go before supper?"

"Yes, thank you; we must go," replied Ruth.

Marjorie seemed to have a different opinion, and said to her sister: "We don't have to go. Mother said we could stay to supper if she asked us twice."

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About the blossoming Lilac flows,
A lambent veil, a scented spell,
Such as in Eden groves befell
When first a lilac bloomed, new lent,
For earth a fleeting ravishment.
The Cherry in her April white,
The early Apple and the Pear,
The greenly kirtled Cinnamon Rose,
Are sweet as maids from neck to hem,
But no whist wonder alters them.
Only the listening Lilacc Tree
Is dimly sphered in glamoury.
—Alice Brown, in Harper's Magazine.

Out With the Ice-Patrol.

Icebergs are constantly being watched for off the coast of Newfoundland by an ice-patrol boat, which at once notifies their positions to all other ships by wireless.

A Big Plan Book

Handsomely illustrated with plans of moderate priced homes by Canadian Architects. MacLean Builders' Guide will help you to decide on the type of home, exterior finish, materials, interior arrangement and decoration. Send 25c for a copy.
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Asthma!

Spread Minard's on brown paper and apply to the throat. Also inhale. Quick relief assured.

MINARD'S "KING OF PAIN" LINIMENT

YOUNG WOMEN SUFFER MOST

These Two Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Ayer's Cliff, Quebec. — "I have been teaching for three years, and at the end of the year I always feel tired and have no appetite. I was awful sick each month, too, having pains in my back until sometimes I was obliged to stop working. A friend recommended Lydia E. Pinkham's Vegetable Compound to me and I heard many women telling how good it was so I thought it would help me. And it did. Now I take six bottles every year and recommend it to others." — DONALDA FANTEUX, Ayer's Cliff, Quebec.

"Unable to Work"

Canning, Nova Scotia.—"I had irregular periods and great suffering at those times, the pains causing vomiting and fainting. I was teaching school and often for some hours I would be unable to attend to my work. Through an advertisement in the papers I knew of Lydia E. Pinkham's Vegetable Compound, and it has been of great benefit to me, the troubles being completely relieved." —LAURA J. EATON, Canning, King's County, Nova Scotia.

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GERMS—6,000,000 germs on a single fly, says a noted health officer. Protect your family with Flit.

Flit spray clears your home in a few minutes of disease-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 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.

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On Arms and Limbs. Lost Rest. Cuticura Healed.

"I was bothered with pimples for over a year which affected my arms and limbs. The pimples were rather large and red and quite hard, and festered and scaled over. They itched and burned causing me to scratch, and I lost rest on account of the irritation.

"A friend recommended Cuticura Soap and Ointment so I sent for a free sample. There was a difference after using it so I purchased more, and after using two boxes of Cuticura Ointment and three cakes of Cuticura Soap I was completely healed." (Signed) Miss Martha Hinsche, Box 13, Fillmore, Sask., Nov. 10, 1925.

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