RED ROSE TEA
"is good tea"

You've been intending to try Red Rose sometime. Why not now?

LUNG-FISH VENTURED ON LAND

And That Accounts for Man's Presence on Earth To-day.

The mud-skipper or walking-fish, found in tropical African rivers, climbs the roots of the mangrove trees and makes his way along the muddy banks, using his fins for legs. This fish is going through the same process that millions of years ago resulted in life moving out of the sea onto the land.

Secrets of Science.

By David Dietz.

Probably the most important single step in the evolution of life from our viewpoint is that life expanded from the ocean and took possession of dry land.

All life is dependent upon water. Man is just as much dependent upon water as is the fish.

Without water, we could neither digest our food nor breathe. We think of breathing air. But the air must be dissolved in the moisture in our lungs before we can make use of it.

Creatures which live in the water absorb the air dissolved in the water.

The fish does this by means of its gills. The gills are thin membranes through which the air dissolved in the water is absorbed and taken directly into the blood.

There have been many different invasions of the land by life from the water in the early history of the earth.

The first was probably that of plant life. Certain sea plants which grew near the shore were left without water when the tides receded.

At first these died, but gradually plants developed with tougher outer skins which enabled them to hold more moisture within themselves and thus to exist for periods away from the ocean.

Animals followed plants in the exodus of the sea.

Some of the scorpions which crawled about the ocean bottom made their way onto the land. These developed gills sunk far back into their bodies where they were protected from the rapid evaporation of the moisture.

Crabs developed armored coverings over the gills which served the same purpose and enabled them to leave the sea.

The invasion of land by worms is important for it is the constant burrowing of the worm which led eventually to the making of fertile soil upon the land. Certain ones of these worms are also believed to have been the ancestor of present-day insects.

But the most important invasion of the land was the invasion by the fishes.

In the case of the fish, the gills were gradually replaced by a baglike growth from the throat, the primitive lung swimming-bladder.

Fortunately we have an example still on earth to-day of how this came about.

In Australia there are certain rivers which dwindle to shallow pools in the dry season.

Here we find a fish known as the lung-fish, which, when the water in the pools becomes stagnant and the air dissolved in them becomes exhausted, rises to the surface and gulps air.

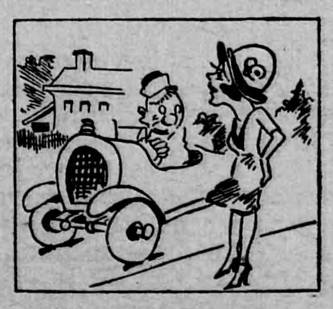
Similar lung-fish are found in parts of South America and Africa.

An ancient fish like the present-day lung-fish is among the early ancestors of man.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand, the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any of these troubles may prove deadly if not promptly treated. During the summer the mothers' best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Holland has a river called Y. In China there is a city called U, and in Sweden a town called A.



Wheel Tracks Won't Go.

Reggie—"Really, Miss Sharpe, I expect to make footprints on the sands of time."

Miss S.—"You won't make them by riding in an automobile, Mr. Sapp."

Two Essentials.

To make a home out of a household, given the raw materials—to wit, wife, children and a friend or two—two other things are nnecessary. These are a good fire and good music.—Sidney Lanier.

for all Meats

Of course you enjoy Keen's Mustard with cold meats. Try its appetizing flavour with hot meats, too—roast beef, lamb, pork, bacon, sausages, etc.

Keen's Mustard aids digestion

Keen's Mustard adds deliciousness, and aids digestion. Mix it fresh for every meal.

432

The Best Days of All.

These are the best days!
Stars were never brighter,
Hearts were never lighter;
Songs of birds and sunny brooklets
Never were more sweet;
There were never fairer flowers
Than those at our feet
In these fair days,
These rare days,
The best days of all!
These are the best days!
Skies were never bluer,
Friends were never truer;
There was never less of sorrow,
More of joy and song,
Than we find beside our pathway
As we trudge along,
In these fair days,
These rare days,
The best days of all!

—Thomas Curtis Clark.

LIFE WAS A BURDEN

Restored to Health Through the Use of Dr. Williams' Pink Pills.

"It is a pleasure," says Mrs. Ross Boulter, of Victoria, P.E.I., "to tell you of the new health and strength I got through the use of Dr. Williams' Pink Pills. Before taking the pills life was a burden to me. I was so badly run down that I did not know what to do. My blood seemed to have turned to water, I was very pale, constantly tired, and was losing flesh. It was a trial to attempt housework. Added to this I had a bad cough and my husband and friends thought I was going into consumption. The medical treatment I was taking did not appear to do me any good, and I had about given up hope when a friend urged me to try Dr. Williams' Pink Pills. I got six boxes and found so much benefit from them that I got six more boxes. Before these were all taken I was a new woman, restored again to good health. I gained in weight, the cough left me, my appetite returned and I once more had a good color. Better still, I was able to do my housework without fatigue. Needless to say I always recommend Dr. Williams' Pink Pills to ailing friends, and I hope this will be the means of pointing the road to good health to some other sufferer."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong.

If you will send us your name and address a little book, "Building Up the Blood," will be mailed you prepaid. This book contains many useful health hints.

You can get these pills through any medicine dealer of by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Dentists Will Have a Busy Day—X-Ray Machines to be Kept Hot.

The arrangements for the various activities connected with the Ontario Dental Health Day to be held on Wednesday, October 20th, are now well under way, and this dental health educational effort promises to be a great success. This is the first time that an educational campaign of this kind has ever been attempted in Canada and the Hon. Dr. Godfrey, Minister of Health, and his Department, are to be congratulated for initiating this important public health endeavor. The fact that mouth infections and dental sepsis cause a vast amount of ill health is now generally recognized and the value of a movement which will tend to prevent tooth decay and pyorrhea will be appreciated by the general public. The popularity of the effort is demonstrated by the fact that all the prominent health, educational and social welfare organizations in the province are co-operating in a most enthusiastic manner. One of the activities being organized is the providing of free dental examination and advice; over a thousand dentists will have a part in this survey and it will be extended to every part of the province. In every section of Ontario those who desire will be able to get the service and in a number of districts free X-ray pictures will also be available.

The general public educational campaign will consist of newspaper articles, motion pictures and radio talks. Public meetings and mass meetings for school children will also be held. The service clubs are giving prizes to the children writing the best essays or preparing the best posters on Dental Health. The merchants are arranging for suitable window displays and business concerns have offered to enclose dental health leaflets in the communications sent out to their customers and clients. The Ontario Motion Picture Bureau is contributing the motion picture films and the various exchanges are distributing them to the theatres. This has been made possible through the courtesy of the Toronto Film Board. A short dental health film will be shown in each of the larger theatres in Ontario. Dental Health concert programmes, including a short talk on the prevention of mouth diseases, will be broadcasted from the radio stations.

Christianity counters the maxim, "No one is good enough to be another man's master," with "No one is too good to be another man's servant." Both are true.—Dean Inge.

Homestead.

I want a little house, with a tiny singing garden—
A tiny singing garden near the calling of the sea;
I want a little white house, with slender vines upon it;
I want a joyous garden where my love will walk with me.

I want a little house with a welcoming, worn doorsill;
I want a little house with a knocker on the door;
I want the corners of it to be all alive with laughter;
I want the sound of dancing to echo from the floor.

I want a porch that faces toward the crimson of the sunset;
I want a wide-flung window that meets the break of day;
I want to stand upon the porch, with hands outstretched to greet him
Whenever, for a short while, my love has been away.

The calling of the sea, I said? Oh, just beyond the flowers
That make my tiny garden a place of gold and blue—
The waves shall reach slim fingers; slim, wistful, silver fingers,
And I will toss them mignonette, to make their dreams come true.

I want a little house with a tiny singing garden,
A little house where peace shall dwell, and deep content and mirth;
I want a little white house, with green vines growing on it,
I want that little house to be the happiest on earth!

—Margaret E. Sangster.

Poison Ivy.

Ivy poisoning is so prevalent this summer, it leads one to ask: How many people know this plant, "the worst vegetable skin poison in America?" It is native to Canada and is commonly found in hedges, in dry woods, along country roads and, all too often, even in city parks. Poison Ivy is a low shrub. The leaf is large, resembles that of the Virginia Creeper but is divided into three distinct leaflets; it is of a bright green color which changes to autumnal shades.

Children are quick to recognize it, and should not go where it is liable to be found until they can recognize it and know the danger of touching it. In the city of Hamilton the Horticultural Society, co-operating with the School Medical Officer, supplied a specimen of the plant to each of the city schools; this was used for teaching the children to know the plant and how to treat ivy poisoning.

Cattle can eat poison ivy without any ill-effects, but dogs are poisoned by it. When a human being is affected, it shows as an inflammation of the skin immediately or within a short time after coming in contact with the leaves, although some people are so susceptible that they are affected if they merely pass the plant and do not touch it. The poison can also be carried on clothing, tools, etc.

What to do: Treatment must be prompt. Hot solution of baking soda, or vinegar, or salt (4 tsp. to 1 pint) are recommended, as they are easy to get in any household. Good strong yellow laundry soap (because of the antiseptic action of the potash) is most helpful when used promptly to wash the parts affected; it is a wise precaution to carry a piece of this kind of soap in your pocket when going for a tramp in the woods, and to use it freely after an outing.

In severe cases, apply clean cloths soaked in hot boracaic acid (4 tsp. to 1 pint), changing frequently. Very severe cases should be seen by a doctor.

Still Celebrate Druid Fete.

The Festival of St. John, thought to be derived from the Druidic Sunfeast, is still celebrated in Brittany. Bale fires blaze on every hillside. The peasants, in holiday attire, dance around them all night to the music of the obee and the shepherd's horn. It is believed that the girl who dances around nine fires before midnight is destined to be married within the year.

ART AS A CAREER

OFFERS UNUSUAL OPPORTUNITIES

Many O.C.A. students are successfully employed creating Advertising Designs and Illustrations, Interior Decorating, Sculpture, Metal Work, Stained Glass, Jewelery, and other highly-paid work.

ONTARIO COLLEGE of ART
GRANGE PARK, TORONTO
DAY AND EVENING CLASSES RE-OPEN OCT. 4
WRITE FOR PROSPECTUS OR PARTICULARS

Sprains.

Avoid further pain and stiffness by rubbing with Minard's. It relieves inflammation, soothes and heals.

MINARD'S "KING OF PAIN" LINIMENT

ISSUE No. 35—'26.

YOU ARE CORDIALLY INVITED TO HEAR BY RADIO A Broadcast of a Free Lecture on Christian Science, entitled

"Christian Science: It's Relation to the Destiny of Man."

Station C.K.C.L., 357 (Maximite and Reliable Battery Company)

SUNDAY, SEPT. 5, AT 3:00 P.M.

From Massey Music Hall, Toronto

By Paul Stark Seeley, C.S.B., of Portland, Oregon,

A member of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, Boston, Mass.

Visitors to the Exhibition will be welcomed at Massey Hall.

Westminster to Receive Old History of Abbey.

The King and Queen of Great Britain and other members of the Royal Family, according to "The London Daily Mail," have subscribed to purchase for presentation to the dean and chapter of Westminster Abbey a unique edition of Rudolph Ackermann's "History of the Abbey Church of St. Peter, Westminister," published in 1818. The work—one of the most splendid examples of an illustrated history—belonged until recently to descendants of the Allnutt family, a member of which bought it from Ackermann.

The history came to the notice of the Queen while she was visiting the premises of a firm of fine art dealers in London, and when informed of the interest which had been aroused since it came on the market her majesty immediately expressed the opinion that the proper future custodians of the two volumes should be the dean and chapter of Westminster Abbey. The edition which the members of the Royal Family have bought contains the eighty original drawings for which Ackermann commissioned eight leading early nineteenth century artists, among them Pugin, White, Mackenzie and Thompson.

The drawings, each singularly beautiful, are inset in vellum and depict views of the exterior and interior of the Abbey and the architecture in different periods. The letterpress is on parchment. Rudolph Ackermann, the founder of the business in New Bond Street, which bears the family name, was born in Saxony in 1764. He was the son of a saddler and came to London to work as a carriage draughtsman. In the Strand he opened a print shop. He introduced lithography to England.

Vistas of Distance.

I gaze here from my window
At vistas most enchanting;
Nature's own coquetry
Spread out for all to see,
Green grassy paths a'winding
Into infinity.

My garden from this window
Is a place of dreams come true;
Flowering each spring anew
Under old skies of blue,
It gives me faith for living
And strength for dying, too.

—George Elliston.

A Puzzle.

Mary, a minister's little daughter, was looking intently at the reflection of her face in the looking-glass, when her mother, happening to pass by her room, heard her say, in a sorrowful tone: "I don't see how God could have given me such a homely nose, when He knows how particular I am."

Minard's Liniment for Corns and Warts

Most houses would become more habitable if the occupants flung half the contents out of the window.—Mr. Gilbert Norwood.

A New Scientific Skin Treatment

SOREMA is the discovery of a Canadian Druggist of 35 years' experience who freed himself of PSORIASIS after 14 years' suffering. The ointment is readily absorbed into the third and fourth layers of the skin and attacks skin troubles at their source. Sorema is most effective as a combination treatment.

SOREMA
OINTMENT and TABLETS

Sorema is sold by your Druggists or write us direct. Sorema Ointment, $1.00 per box; Blood Purifying Tablets, 75 cents per box.

FLASH PRODUCTS, LIMITED
1107 BAY ST. - TORONTO

FLIT

TRADE MARK

DESTROYS
Flies, Mosquitoes
Roaches
Bedbugs

STANDARD OIL CO. (NEW JERSEY)

He Knew What They'd Have To Do.

"When the meek inherit the earth what do you think they'll do?"

"I know what they'll have to do."

"And what's that?"

"Get the fiercest man they can find to run it."

Keep Minard's Liniment handy.

Copper to-day is worth just about the same as it was fifteen years ago, but to the youngster of to-day a copper doesn't seem to be worth half as much as it did to the youngster of 1911.

POULTRY PROFITS.

Do you keep hens? or do hens keep you? Anyone can make Biddy lay three months each spring. The trick is how to make her produce during fall and winter months. Years of experience and study has taught us how to make BIG PROFITS every month of the year. You can do the same. Start feeding and caring for your flock in a scientific way and reap rewards this winter. Send $1 for necessary information. Oliver Poultry Farm, Shanty Bay, Ont.

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.

MacLean Builders' Guide
344 Adelaide St. West.
Toronto, Ont.

COULD NOT SLEEP OR REST

Eczema Formed Watery Pimples. Face Disfigured. Cuticura Healed.

"Eczema broke out on my sister's chin. It started with an itching and burning and later formed small, watery pimples that turned to sore eruptions. She could not sleep or rest on account of the irritation, and her face was disfigured.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. After using it she got relief so purchased a cake of Cuticura Soap and a box of Cuticura Ointment which healed her." (Signed) Miss Muriel Jewers, Harrigan Cove, Nova Scotia.

Keep your skin clear and your pores active by daily use of Cuticura Soap. Heal irritations and rashes with Cuticura Ointment.

Sample Each Free by Mail. Address Canadian Depot: "Stenhouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.
Cuticura Shaving Stick 25c.

EXPECTANT MOTHERS

Read Mrs. Menard's Letter. Her Experience May Help

Chatham, Ontario.—"I want to tell you how much good your medicine has done me. Before my baby came I felt so weak and run-down that I could hardly do my work. My head ached continually and I was so discouraged that I could cry from morning till night. I had another baby just one year and a half old and it gave me a lot to do. So I thought I would try Lydia E. Pinkham's Vegetable Compound, as I had read so much about it in the little books. I found a difference right away as my head was relieved and my tired feelings gone. My sister had been doing my washing and she continued doing it, as she said it might set me back if I started to do it again. It sure did help me and I had taken just two bottles when my baby came. He is a fine big boy, now nearly five months old. I am taking your medicine again and I am able to do my work all by myself now. I always recommend the Vegetable Compound to women, and especially to expectant mothers, as I believe they need help at those times."—Mrs. Oliver Menard, 54 Center St., Chatham, Ontario.