

assimilated to be their Let middle-aged Jams as young as a girl's key-spring hat and no in its bangle. She before she encounters another. "I feel my life like we used to a long time ago when I was a child." It is really very funny who

old people are. They just don't seem to care about anything. They are always laughing and talking and

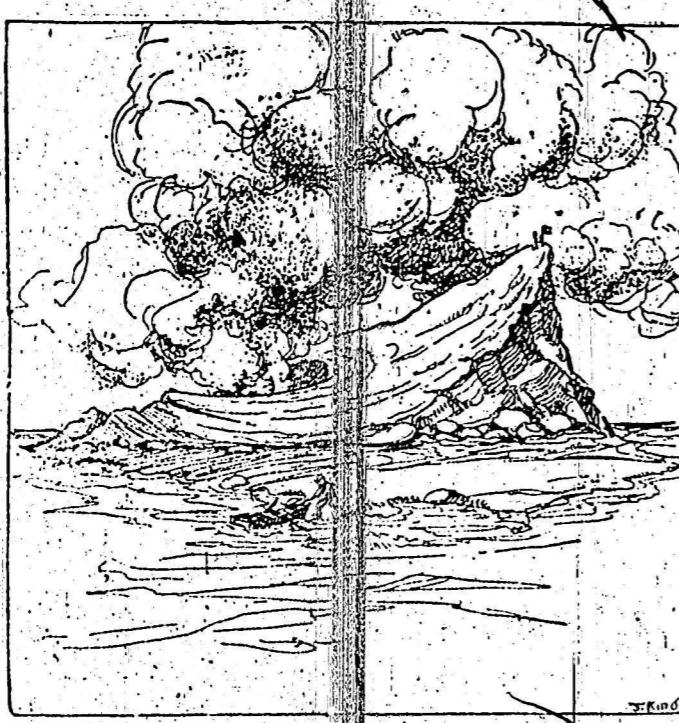
old people are always

RED ROSE "is good tea" TEA

People who want the very best
use Red Rose Orange Pekoe Tea

MAKING NEW ROCKS FROM OLD

Nature's Great Chemist, the Sea, Turns the Trick.



Graham Island is an example of a country with rapidity. On July 10, 1862, in the Mediterranean at a point between Sicily and the coast of Africa, there followed the eruption of a submarine volcano had broken into action. Since the cone of the volcano rose above the sea, forming 200 feet high and three miles in circumference. By Aug. 14, the island had grown. By the year 1832, it had again reached below the surface of the ocean.

Secrets of Science.

By David Dietz

The atmosphere, as we have seen, causes rocks to crack and decay. Much of the resulting debris is washed by the rain into the rivers.

The rivers themselves are continually wearing away the rocks. The material which they wear loose and the material which the rain washes into them, is carried along by the rivers downstream.

Most of this sediment is carried the length of the river and deposited in the ocean.

The oceans themselves, in addition, are wearing away the land, eating continuously into the continents and banishing them together into solid land.

As a result of these processes great sheets of sediment are being continuously deposited in the ocean.

When rocks are broken into rather coarse pieces, the resulting debris is known as gravel. When the debris consists of fine grains it is known as sand. Still finer particles are known as dust when dry and mud when wet.

The coarser sediment is dropped near shore, while the finer particles are carried further out into the ocean. This can be seen along many coasts where the shore-line is gravel, gradually changing to sand and then due to the distance from the shore becomes chalk.

In addition to separating the sediment according to size, the water also causes chemical changes certain.

The Food of Sponges.

Many surprising facts are encountered by the person who becomes interested in the study of animal life. One of the hardest things to believe is that the sponge you use daily was once an animal, and not a vegetable growth of the ocean. Sponges live their own lives, and eat their food as other animals do.

The separate existence of a sponge begins with the breaking away from the parent of a tiny particle. The latter, after being whirled about for a time by the tides and currents, eventually attaches itself to a piece of rock, and from that home it seeks its own livelihood.

The food of infant sponges consists of yolk cells, which contain a form of nourishment. Later, as the sponge grows, it requires something more solid, and this is brought by the currents, which sweep into a bag, half mouth, half stomach, minute particles of the new food.

By the way, did you ever try to "Unsay It With Flowers?"

ROSE BUSHES

We sold more than a hundred thousand Rose Bushes last year. There is a reason. Send for Catalogue.

HERBERT WATERS
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Edge-Holding Saws
Fast Easy-Cutting
SIMONDS SAWS
Guaranteed to be made
from our own steel.
SIMONDS CANADA FAW CO., LTD.
MONTREAL
VANCOUVER, VANCOUVER,
TORONTO

the surface of the earth sometimes a column of water 60 feet high rises in the Mediterranean at a point between Sicily and the coast of Africa. Then follows the eruption of a submarine volcano had broken into action. Since the cone of the volcano rose above the sea, forming 200 feet high and three miles in circumference. By Aug. 14, the island had again reached below the surface of the ocean.

It is impossible to be energetic if your blood is thin and weak, or if your nerves are frayed or tired.

You cannot compete with others if you do not get refreshing sleep at night, or if your appetite is poor or you are losing weight.

You need a tonic at this time to add to your efficiency now, as well as to save you from suffering later on.

And in the case of a cold, there is no safer or better tonic than Dr. Williams' Pink Pills.

These pills tone and enrich the blood which circulates through every portion of the body, strengthening faded nerves and languid organs, and bringing a feeling of new strength and energy to weak, easily tired, dispirited men, women and children.

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EASY TRICKS

Flip Flop

FIG. 1.

FIG. 2.

FIG. 3.

FIG. 4.

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