

A MOTHER'S TRIALS

Care of Home and Children Often Causes a Breakdown.

The woman at home deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and the cure at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is always one unfailing way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood abundantly, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you.

SAMOA

The German Samoan Islands, for which New Zealand is to hold the mandate, according to preliminary summaries of the peace treaty, are described in a bulletin from the National Geographical Society, based on a communication to that body, as follows:

"Samoa, called by former geographers the Navigators Islands, from the skill in navigation shown by its inhabitants, consists of four principal bits of land lying in the South Pacific, nearly midway between New Zealand and Hawaii.

"The number of islands in the group may, by counting the smaller, be increased to 11, or even 14, but only Savai, Upolu, Tutuila, and the three usually included under the general term Manua, are important.

"All are verdure-clad and inhabited, and in appearance and shape resemble immense green hats, the interior representing the crown being mountainous, while the brim or shore is covered with cocoanut palms, breadfruit, banana, and other tropical trees, which furnish the native food.

"At some prehistoric period the peaks of a submerged mountain chain running northeast and southwest have been lifted from the depths of the ocean by the upheaval of volcanoes now long extinct. Accumulations of soil brought by heavy rains from the mountains meet the ever-growing reef, which prevents easy approach to the land except in those places where fresh-water streams, forcing their way through, form openings in the coral barrier.

"Between reef and shore a lagoon, varying in width from 200 yards to two or three miles, provides a secure highway for coast and inter-island traffic. The entire length of the group, if Rose Island be included, is little less than 300 miles, and its gross area is larger than the state of Rhode Island by 50 square miles.

"The native inhabitants of the islands are of Polynesian stock and are clearly related to the natives of both Hawaii and New Zealand. For practical purposes these natives may be divided into four classes. At the head stand the chiefs, who are hereditary in the sense that they must belong to certain families, but elective in that they exercise authority by virtue of titles conferred on them.

"The Tufafale, talking-man, is their executive officer, who phrases their thoughts in eloquent language, and is frequently the central figure in the district and the source of authority. Below him and above the lowest class, composed of what are known as the 'common people,' are the native teachers and catechists, who wear more clothes and do less fighting than the rest of the population.

"There is nothing in the dress or bearing of a high chief which enables a foreigner to distinguish him, but he is isolated from the rest of the people by a system of rigid etiquette. No one may hold up an umbrella or do certain kinds of work in his presence, and a special vocabulary is set apart in which to address him. The common names for food, an ax, a pig, etc., are taboos in his presence. His face, his anger, and other attributes are described in an entirely different set of words from those used for ordinary men.

"Hedged about as he is, the chief, in his intercourse with persons not of his rank, has come to depend largely on his 'talking man' who, like his chief, is elected from certain families

MURINE
Night
Morning
Keep Your Eyes
Clear and Healthy

in which the office is hereditary. As a rule no one is elected who has not a gift for oratory, which is a common talent in Samoa.

"The powers and duties of the 'talking men' are considerable. They are men of much dignity of carriage, and as they stand leaning upon a staff of office with a 'fus,' or fly-trap cast over one shoulder, with which occasionally to emphasize their remarks, they compare favorably in appearance with the orators of a nation more civilized than themselves."

WEDDING QUEUES.

322 Civil Marriages in Glasgow Last Month.

Glasgow Falls is always a popular time for marriages, but never before have there been so many holiday marriages as during last week. This statement applies particularly to "irregular" marriages, or what are more correctly described as civil marriages. So great was the number of wedding parties at the county buildings that they literally formed up in queues for registration. On Friday Sheriff Lyell registered 78 of these marriages. This easily constitutes a "record" for a single day. Since the end of June 322 civil weddings have taken place in the county buildings—a daily average of over 20. Up till the end of last week there have been 2,373 such marriages this year. The first occasion on which the number of civil marriages exceeded 1,000 in a year was in 1900, during the South African war, and then the total was 1,064. During succeeding years the total fluctuated around 1,000. In 1914 when the war broke out the total suddenly jumped up to 2,657, and in 1915 the highest number yet recorded for a single year was reached—namely, 3,676. Peace year, however, promises to exceed even that number.

ON THE MARRIAGE DAY

Romance ceases and history begins—and covens begin to go, too, when "Putnam's" is applied—it takes out roots, branch and stem. Nothing so sure and painless as Putnam's Corn and Wart Extractor; try "Putnam's," 25c at all dealers.

HABANA.

Cuban Capital's Long Name Has Dwindled.

The full name of the capital of Cuba is San Cristobal de la Habana. In 1634 a royal decree conferred upon the city the sounding title "Llave del Nuevo Mundo y Antemural de las Indias Occidentales" which signifies "Key of the New World and Bulwark of the West Indies." In emphasis, the coat of arms of the municipality bears a symbolic key and representations of the fortresses of Morro, Punto and Fuerte.

Habana is one of the several towns founded by the governor, Diego Velasquez. He placed it upon the south coast, where the town of Batabano now stands. It was shortly removed to its present position and rapidly it grew to be the chief centre of the island and one of the most important places in the new world. La Puente, the oldest fortification in the city, was erected near the close of the sixteenth century. Shortly afterward, Philip the Second of Spain ordered the construction of the Punta and Morro forte, for the protection of the harbor, and at about the same time the official residence of the governors of the island was transferred from Santiago de Cuba to Habana.

In 1650, the population of Habana was hardly more than three thousand, but in the following two or three decades it doubled, owing to a large immigration of Spaniards from Jamaica.

Wood's Phosphodine.
The Great English Remedy.
Tones and invigorates the whole nervous system, makes new Blood, Debility, Mental and Brain Weakness, Dizziness, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, 50c for 50. One will please, six will cure. Sold by all druggists or mailed in plain glass on receipt of price. Non-patented medicine. THE WOODS MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

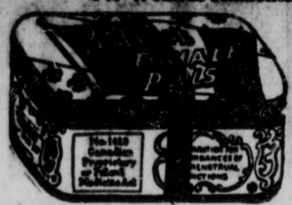
During this period, the city rose to be the commercial centre of the Spanish American possessions, and the principal rendezvous of the royal fleets that carried on the trade monopoly between Spain and America. The walls inclosing the city were commenced in 1671 and finished 30 years later.

A map of the city at the beginning of the nineteenth century strikingly illustrates its rapid growth. Then the residences were almost all intramural, or within the walls. Large estancias and huertas occupied ground which is now intersected by paved streets and covered with substantial buildings.

The first impression made upon the visitor is of the massive character of the architecture. This characteristic is more pronounced than in any other Latin-American city. The building material generally used is a conglomerate of marine material, which hardens on exposure to the air. It is hewn into great blocks, and so used in construction. Walls are usually covered with stucco or plaster, and colored in a variety of tints. Roofs are either flat, or built of the old Spanish tiles. The effect, which is enhanced by the presence almost everywhere of trees and shrubs, is pleasing in the extreme.

The most interesting portion of Habana is that which formerly lay within the walls. The houses here have for the most part been converted

Dr. Martell's Female Pills



A scientifically prepared remedy of proven worth, recommended by physicians. Sold for nearly half a century in Patented Tin Hinge Cover Box with Signature. Knaichbocker Remedy Co., across side. Accept no other. At your Druggist or by Mail Direct from our Canadian Agents, Lyman Bros. & Co. Ltd., Toronto, Can. upon receipt of price \$2.00.

into business purposes, but a few persons still cling to their old homes.—Forbes Lindsay, in "Cuba and Her People of To-day."

AFGHANISTAN

The reported assassination of Habibullah, amir of Afghanistan, is a reminder that not even that remote and obscure land of Middle Asia escaped the effects of the world war. Now that there is any evidence as yet that the monarch's murder was inspired by growing antipathy to autocrats, but the collapse of Russia left Afghanistan free from an influence that often caused her considerable embarrassment.

Habibullah is credited with observing scrupulously the policy laid down by his father, a noteworthy ruler, that of consulting Britain about matters of foreign policy, but brooking no interference from the outside in the domestic affairs of his absolute monarchy.

Habibullah's father it was who made travel comparatively safe among the heterogeneous tribes of Afghanistan—tribes which formerly pounced upon each other at the slightest provocation. Frequently they submitted their disputes to arbitration and the custom of the loser awarding several of its marriageable women to the rival tribe was one factor in eliminating any clear-cut



distinctions between the tribal units of the land.

To the stranger the Afghan displays a sort of specious and deceptive Oriental courtesy. In fact a national proverb is that "The man who shuts his door to a stranger is no Afghan." But the stranger also would do well to know a saying current among the Hindus, "God shield you from enmity of the elephant, the cobra and the Afghan." For many strangers have found that, upon provocation, to which the Afghan is extremely sensitive, his disposition is vengeful, cruel and crafty. His desire for pillage, theft and deception also is apt to get the best of him.

Your Afghan is a swarthy, swaggering, proud, but withal prepossessing sort of man, every inch the warrior while he keeps his turban on, but giving a faint suggestion of a bewigged jurist of old English days when he removes it to disclose a head shaved ringlets falling about his shoulders from the unshaved portions.

Occasionally the men are fair, as are most of the women, whose hair in two plaits with colored tassels at the end, conceivably might call to mind an American musical comedy chorus prepared to sing "School Days," were it not for their flowing oriental robe.

Afghan women, like Turkish women, are kept secluded, but they are

considerably more adventurous than their Turkish sisters, hence scandal is not infrequent, even in a land where a man may have as many wives as he can support. Amir Habibullah, if report of his death be true, left four widows.

By Habibullah's father, Abdur Rahman, also were enacted measures of national defence singularly in keeping with occidental schemes for conscription. He made the boast that he could throw a hundred thousand men into action in a week to defend one of his provinces, and said his entire domain could raise a million fighting men to defend her soil. Nor did he stop at the prediction. He worked out a system by which each man in every eight would alternate in taking military instruction. One had to be very young, or very decrepit, to escape the amir's draft, for the services ages were from 16 to 70.

So far as barring private munitions makers is concerned, Abdur Rahman, long before his death in 1901, might have subscribed to the proposed League of Nations, for he had his own factories at his capital, Kabul. There are said to have been produced a dozen or more rifles and thousands of cartridges a day, and several guns a week.

But neighboring states never had much fear of any pan-Afghan aspirations on the part of the Kabul warlord. The arms were most varied and picturesque, and the cartridges are said to have been excellent save that they seldom fitted many of the rifles.

Though he may know not efficiency, the Afghan is a "first-class fighting man," as the British learned in the

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, 50c; No. 3, 25c per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

two Afghan wars. It was at the close of the second, in 1879, that Gen. Roberts made his famous march to Kandahar to reinforce Gen. Burrows, who had been defeated by the Afghans, a feat which was rewarded with the peerage and the title, "Lord Roberts of Kandahar."

Persia, Turkestan, Baluchistan and India surround this island monarchy with an estimated area of 245,000 square miles and a population, also estimated, of 5,000,000. Afghan historians date their people's beginning to King Saul, and refer to them as Children of Israel, a theory that may have gained popular acceptance because of the Afghans' Semitic appearance, but it is not generally credited by ethnologists. Afghan literature is rich in poetry, mostly war epics and love lyrics. All but the mountain Kafirs are Mohammedan, and they cling to a pagan belief in which are blended faint suggestions of old mythologies and ancient religions.

Shedding Their Bodies.

People who lose a leg or an arm feel it to be a great misfortune. But a lobster or a crab does not mind. He simply grows another leg in its place. Even one of the lobster's big claws is no such great loss. A lizard cannot afford to lose a leg, but if you seize him by the tail he says, "Good-bye, tail!" and scurries off over the rocks, leaving it in your hand. As for the starfish, the piece broken off in a short time mends matters by growing a whole new body to fit that piece.

He Understood Girls.

Donald, aged six, has made a very good beginning on understanding the eternal feminine. He was playing with little Eleanor recently, when his mother heard him teasing the girl unmercifully. She said: "Donald, I want you to stop teasing that little girl. Aren't you ashamed of yourself?" "Well, I've got to tease somebody," replied the boy. "What an ideal!" said the mother. "Well, that's so," said Donald, "and she wants to be teased. If I quit teasing her she'll go play with some other little boy."

SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little one Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints. If given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are young children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brookville, Ont.

MARKET REPORTS

TORONTO MARKETS.

FARMERS' MARKET.	
Dairy Produce—	
Butter, choice dairy	0 55 0 60
Do., creamery	0 50 0 55
Margarine, lb.	0 37 0 40
Eggs, new laid, doz.	0 30 0 35
Cheese, lb.	0 35 0 40
Dressed Poultry—	
Fowl, lb.	0 35 0 40
Chickens, roasting	0 45 0 50
Ducks, lb.	0 30 0 35
Fruits—	
Apples, bkt.	0 50 1 00
Cantaloupes, bkt.	0 60 0 85
Blueberries, bkt.	2 75 3 00
Lawberries, box	0 25 0 30
Pears, bkt.	0 90 1 00
Peaches, bkt.	0 60 1 00
Plums, 5-qts.	0 90 1 25
Do., 11-qts.	1 25 1 50
Watermelons, each	0 50 0 75
Vegetables—	
Beans, bkt.	0 60 0 75
Beets, doz. bchs.	0 25 0 30
Carrots, doz. bchs.	0 30 0 35
Cabbages, each	0 10 0 15
Cucumbers, bkt.	0 40 0 50
Gherkins, bkt.	0 75 1 00
Celery, head	0 05 0 10
Corn, doz.	0 25 0 30
Eggplant, each	0 15 0 20
Dill, bunch	0 10 0 15
Lettuce, bunch	0 05 0 10
Onions, peck	1 00 1 25
Do., green, bunch	0 05 0 10
Pars. bkt.	0 50 0 60
Pumpkins, each	0 15 0 25
Rhubarb, bunch	0 05 0 10
Radishes, 3 bunches	0 10 0 15
Sage, bunch	0 05 0 10
Squash, each	0 20 0 25
Savory, bunch	0 05 0 10
Tomatoes, bkt.	0 40 0 45
Vegetable marrow, each	0 10 0 15
MEATS WHOLESALE.	
Beef, forequarters, cwt.	15 00 17 00
Do., hindquarters	24 00 26 00
Carcasses, choice, cwt.	21 00 23 00
Do., medium	16 00 18 00
Do., common	14 50 16 00
Veal, common, cwt.	13 00 15 00
Do., medium	20 00 23 00
Do., prime	25 00 28 00
Heavy hogs, cwt.	8 00 9 00
Shop hogs, cwt.	27 00 29 00
Abattoir hogs, cwt.	29 00 31 00
Spring lamb, lb.	0 25 0 27

SUGAR MARKET.

The wholesale quotations to the retail trade on Canadian refined sugar, Toronto delivery, are now as follows:—

Acadia granulated	100-bags	10 71
Do., No. 1 yellow	"	10 81
Do., No. 2 yellow	"	10 21
Do., No. 3 yellow	"	10 11
Atlantic granulated	"	10 71
Do., No. 1 yellow	"	10 81
Do., No. 2 yellow	"	10 21
Do., No. 3 yellow	"	10 11
Dominion granulated	"	10 71
Do., No. 1 yellow	"	10 81
Do., No. 2 yellow	"	10 21
Do., No. 3 yellow	"	10 11
Redpath granulated	"	10 18
Do., No. 1 yellow	"	9 76
Do., No. 2 yellow	"	9 66
Do., No. 3 yellow	"	9 56
St. Lawrence granulated	"	10 71
Do., No. 1 yellow	"	10 81
Do., No. 2 yellow	"	10 21
Do., No. 3 yellow	"	10 11

Cases—20 5-lb. cartons, 60c and 50 2-lb. cartons 70c over bags. Gunnies, 5 20-lb., 40c; 10 10-lb., 20c over bags.

OTHER MARKETS.

WINNIPEG GRAIN EXCHANGE.
Fluctuations on the Winnipeg Grain Exchange were as follows:—

Open.	High.	Low.	Close.
Oct.	0 85%	0 85%	0 85%
Dec.	0 81%	0 81%	0 81%
May	0 84%	0 85%	0 84%
Barley—			
Oct.	1 29%	1 29%	1 29%
Dec.	1 24%	1 24%	1 23%
Flax—			
Oct.	5 35	5 35	5 19
Dec.	5 00	5 00	4 98

MINNEAPOLIS GRAIN.

Minneapolis—Flour unchanged; shipments, 58,772 barrels. Barley, \$1.10 to \$1.23. Rye, No. 2, \$1.49% to \$1.50%. Bran, \$40.00. Flax, \$5.52 to \$5.54.

BENSON'S CORN STARCH



HOUSEWIVES are finding new and delicious uses for Corn Starch every day—in fact, for every meal.

Not alone smooth, creamy gravies and sauces, and simple puddings—but crisp, delicate pastries; flaky rolls, bread and biscuits; rich tender cakes and pie fillings; and desserts such as you never thought it possible to make in your own kitchen.

Insist on BENSON'S—no other Corn Starch can guarantee such Purity and Delicacy. Recipes on the package.

Ask your Grocer for BENSON'S To-day!