A MOTHER'S TRIALS

Care of Home and Children Often

Causes a Breakdown. e woman at home deep in house hold duties and the cares of mother-hood, 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 toils, while hurried meals, broken res and much indoor living tend to weak-en her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backthrough weakness, headaches, aches and nervousness. Too 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 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 depressyou are ailing, easily tired or depress-ed, 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 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 fol-

"Samoa, called by former geogra-phers the Navigators Islands, from the skill in navigation shown by its inhabitants, consists of four principal bits of land lying in the South Paof land lying in the South Facific, 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 Savii, Upolu, Tutuila, and the hree usually included under the general term Manua, are important.

"All are verdure-clad and inhabited. and in appearance and shape resemble immenso green hats, the interior representing the crown being mountainwhile the brim or shore is cov ered with cocoanut palms, breadfruit, banara, 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 cora

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 both Hawaii and New Zealand. both Hawaii and New Zealand. For practical purposes these natives may be divided into four classes. At the head stand the chiefs, who are fiereditary 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 Tulafale, 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. 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 reon's by a system of rigid etiquette.

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, little boy."

etc., are tabooed in his presence. His face, his anger, and other attributes are described in an entirely different set of words from those used for or-

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 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 Samea.

"The powers and duties of the 'talking men' are considerable. They are

ing men' are considerable. They are men of much dignity of carriage, and as they stand leaning upon a staff. 'f office with a 'fue,' 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 civilised that themselves."

Worth Kemembering.

To harden the gums and sweeten the breath, rinse the mouth out twice daily, with a little tincture of myrrh. The grated rind of an orange and a tablespoonful of the juice added to the batter of sponge cake makes it deli-Three tablespoonfuls of turpentine

and one tablespoonful of common salt is a good remedy for chilblains. If cream proves too thin to waip,

add the white of an egg and you will get along with it.
Faded silks may be brightened by

immersing in soapsnds to which a little pearlash has been added. Rinse in cold water. may be removed from fine

articles by wetting and rubbing in chalk, then placing in the sun.

Dilute doxalic acid for perspiration

Warm olive oil rubbed into the eye brows will cause them to grow thicker. One teaspoonful of baking soda in a makes a good wash for Plants which have insects.
Equal parts of linseed oil and lime

water is a good remedy for burns.

The Bat.

The bat, instead of being useless and worthless, as is generally thought, is really most valuable. It is the inveterate enemy of all insects that fly at night. In recent investigations shot in the evening after flying for twenty minutes were found with stomachs gorged with mosquitoes gnats and small flies.

Cook's Cotton Root Compound.



A safe, relicible regulating medicine. Bold in three de-grees of strength—No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Bold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: prepaid on receipt of price.
Free pamphlet. Address:
THE COOK MEDICINE CO.,
TORONTO, ORT. (Fermerly Windows.)

WEDDING QUEUES.

322 Civil Marriages in Glasgow Last Month.

Glasgow Fairs 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 build-ings that they literally formed up in queues for registration. On Fair Friday Sheriff Lyell registered 76 of these marriages. This easily consti-tutes a "record" for a single day.

Since the end of June 322 civil wed dings have taken place in the county buildings—a daily average of over 20. Up till ne end of last week there been 2,373 such marriages this 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 In 1914 when the war broke out the total suddenly jumped up to 2,657, and in 1915 the highest number yet re-corded for a single year was reached —namely, 3,676. Peace year, however, promises to exceed even that number

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: "Dongirl unmercifully. She said: "Donald, I want you to stop feasing that little girl. Aren't you ashamed of yourself?" "Well, I've got to tease somebody," replied the boy." "What an idea!" said the mother. "Well, that's so," said Donald, "an' she wants to be teased. If I quit teasin' her she'll go play with some other little boy."

WANTED 50 GIRLS

and a supplied the reasonable to be a significant

Hosiery and Underwear.

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We have a list of desirable able figures.

Apply personally or by mall. Working conditions are ideal in this mill.

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AFGHANISTAN

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

Habibullah is credited with observ ing 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 bsolute monarchy.

Habibullah's father it was who comparatively among the meterogeneous 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 los 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 dis plays a sort of specious and decep-tive 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 eur-rent among the Hindoos, "God shield you from vengeance 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 erafty. His

desire for pillage, theft and decepgering, proud, but withal prepossessing sort of man, every inch the war-rior 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 shoul-

ders from the unshaved portions.

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

men, 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

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

crepit, to escape the amir's draft,

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. So far as barring private munition eral guns a week.

eral guns a week.

But neighboring states never had much fear of any pan-Afghan aspirations on the part of the Kabul war lord. 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 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 stained nounter accentiones. have gained popular acceptance because of the Afghans' Semitic appear cause of the Arganas' 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 Kaffirs are Mohammedan, and they cling to a pagan belief in which are blended faint suggestions of old mythologies and ancient religious.

Silk From Wild Insects.

At the Royal Institution, says the London Times, Professor H. M. Le-froy said that the British Empire had never realized the possibilities of the silk industry and that it existed only in Indés, and dated from before Britis notas, and dated from before Estiish occupation. The French, on the
other hand, had developed it in many
of their colonies. None the less, there
were a million people engaged in the
production of silk in India, and it

Was almost entirely a home ind The caterpillars and moths of industry. berry" silk were entirely domesticat ed creatures, now unknown in wild condition, but there were kinds which were the produce of in sects still living wholly or partly in the forests. The "Tasar" or "tussore" silk imported to this country came chiefly from China and Japan, but in India there were 100,000 collectors. India there were 100,000 collectors, 20,000 women twisters and 50,000 weavers producing it for Indian consumption. The adult insects lived in the hill forests of Northwest India. cocoons spun by the caterpillars were collected and allowed to hatch, the males were liberated and the females were pegged out on thatch, where they were visited by the males, and in due course laid eggs, the caterpillars from which were reared on trees Muga" slik was produced chiefly in Assam. The cocoons were bought from collector; and attached to sticks until they laid eggs. The caterpillars, when large enough, were put on trees to

SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during whe 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 troublbes 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 antee of a government analyst they are absolutely eafe. The Tab-lets are sold by medicine dealers or by mail at 25 cents a box from The Williams Medicine Co., Brookville

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 "Lave del Neuvo Mundo y Antemural de las Indias Octionals", which is conferred upon the city the sounding title "Lave del Neuvo Mundo y Antemural de las Indias Octionals", which is conferred to the conferred to t cidentales" 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

Habana is one of the several towns founded by the governor, Diego Ve-lasquez. 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 island and one of the most important places in the new world. La Fuerza, the oldest fortification in the city, was erected near the close of the sixteenth century. Shortly afterward, Phillp the Second of Spain ordered the construction of the Punta and Morro forts, for the protection of the harbor, and at about the same time the official residence of the governor 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. During this period, the city rose to be

During this period, the city rose to be the commercial centre of the Spanish American possessions, and the princi-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 flustrates 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 newn into great blocks, and so used in construction. Walls are usually covered with stucco or plaster, and colored in a variety of tins. Roofs are either flat, or built of the old Spanish tiles. The effect, which is enhanced by the presence almost everywhere of 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 into business purposes, but a few persons still cling to their old homes.—
Forbes Lindsay, in "Cuba and Her People of To-day.

COOKIES

Good cookies are really very easy to make, once one has learned the tricks of the trade. And they are something every housekeeper should know how to bake, because they are so line for emergencies. Put into airtight tin boxes or the old-fashioned stone crocks of grandmother's day, they will keep fresh for weeks, and will tide over the hot weather, when no one wants to make cakes or despendent. no one wants to make cakes or des-serts of any kind. Fresh fruit, with sugar and cream, or stewed fruits served ice cold ,with a plate of crisp, pale gold augar cookies, or spicy, brown, nutty hermits, makes the most appetizing and health-giving dessert for hot summer days that one could imagine. Nothing could taste better One thing to remember is that the oven for cookies must be moderate. A

too hot even will spoil them. CHOCOLATE COOKIES.

Cream two cups of sugar with a cup of shortening, add four squares of melted chocolate, half a cupful of milk, two teaspoonfuls of cream of tartar, a teaspoonful of soda, and flour to roll soft.

PEANUT COOKIES.

Cream two tablespoonfuls of butter with a cup of brown sugar. Add an egg well beaten, four tablespoonfuls of milk, a teaspoonful of cream of tartar. half a teaspoontal of cream of tartar, half a teaspoontal of soda and a cup and a half of flour. Then stir in a cup of chopped peanuts, flavor with vanila, roll ov. and bake a delicate

HERMITS.

Cream a cup of sugar with half s cup of shortening, add two well-beat-en eggs and two tablespoonfuls of molasses Dissolve a quarter of a teaspoonful of soda in one and a half tablespoonfuls of milk, add it to mixture, with a teaspoonful each of cloves, cinnamon and nutmeg. Three cupfuls of flour, a ha ins and a half a cup of nuts, about a fourth of an inch thick. Roll OLD-FASHIONED SEED CAKES.

Cream two cups of sugar with half a eup of shortening. Add a cup of milk, a teaspoonful of baking powder, caraway seeds and flour enough to rol? out. Sprinkle with granulated sugar and put three or four seeds on top of each state of the sugar and put three or four seeds on top of each state of the sugar and put three or four seeds on top of each state of the sugar and put three or four seeds on top of each

JUMBLES.

Cream together a half a cup of shortening an da cup of sugar. Aûd an egg well beaten, a half a teaspoonful of soda dissolved in half a cup of sour milk, and flour to roll. Put a spoonful of jelly on half of the cookies. Cut the remainder out with the doughnut cutter and put on top Bake a deli? cate brown in a slow oven.

Pudding in History.

Pudding in its early form was made of minced meat of some sort, well seasoned and stuffed into an intestine, and then cooked by boiling. There are words in many early languages and then cooked by boiling. There are words in many early languages meaning pudding, but it seems originally to have come from some word meaning a short body or inflated skin lation of other people's ideas.

URUNIU MAK	BELL	•
FARMERS' MARKI	CT.	
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Cabbage, each
Cucumbers, bkt.
Gherkins, bkt.
Celery, head
Corn, doz.
Eggplant, each
Dill, bunch
Lettuce, bunch
Onions, peck
Do., green, bunch
Peass, bkt.

0 25

SUGAR MARKET

cartons 70c over bags. Gunn 0c; 10 10-lb., 50c over bags. OTHER MARKETS

WINNIPEG GRAIN-EXCHANGE. Fluctuations on the Winnipeg Grain Exchange were as fullows:— Open, High. Low. Close

Oats-Oats—Oct. 0 85% 0 85% 0 84% 0 85% Dec. 0 84% 0 85% 0 85% 0 84% 0 85% Barley—Oct. 1 29% 1 29% 1 29 1 29% Flax—Oct. 5 35 5 25 5 19 5 25 Dec. 5 00 7 5 00 4 38 4 98 MINNEAPOLIS GRAIN.

Minneapolis—Flour unchanced ship-

MINNEAFOLAS CREAMS displayed: shipments, 58,772 barrels. Barley, \$1.10 to \$1.32, Rye, No. 2, \$1.69% to \$1.59%, Bran, \$46.68 Plax, \$5.50 to \$5.54. LENSERED. DULUTER LENSERED.

Duluth—Linseed, on track; \$5.97; arrive, \$5.51; in store, \$5.60; September, \$5.50; October, \$5.30; November, \$5.25; December, \$5.20 bid; May, \$5.15 bid.

Aerial Compasses.

Many difficulties had to be overco in the production of a satisfactory compass for aerial work. Chief among these was that of neutralizing the magnetism of the engine (and in particular the magneto) and of preving the effect of centrifugal f which caused the card or dial inside quite independent of north when the ever, a truly excellent compass is now in use.

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. lobster or a crab does not mind. He eimply 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 selze him by the tail he says, "Goodbye, 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.

Do Your Own Thinking.

You can't become a man of mark, a man of real achievement, so long as you are but an echo of other people You can't possibly progress as you should in your chosen life work. For the highest success demands vigorous,

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\$1.50 per day while learning Board, \$4.50 per week. Railway fare advanced.

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