

HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself, Her Sincerity Should Convince Others.

Christopher, Ill.—"For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it, and was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble."—Mrs. ALICE HELLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience. If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

GIRLS Clear Your Skin Save Your Hair With Cuticura Soap, Oint., and Talcum. Each of Cuticura Dept. 2, Boston.

IN FRANCE OF OLD TIMES

Before the Cruelty of War Led the Minds of Men Astray From Proper Things.

When you think of Christmas as it used to be in France, the first thing that comes into your mind is the "oreches" that are set up in all the churches—the Virgin, the Child in the manger, Joseph, the shepherds and their sheep, the three wise men from the Orient with their camels. Sometimes even a shepherd dog is added for "realism"—although he is apt to be modeled on the lines of the chien berger of France, rather than of Palestine. In the poorest village church and in the cathedrals alike, the Christmas candles shone on this charming tableau, and in the evening, after the day's work was over, whole families went to pay their respects to "la Sainte Vierge et le petit Jesus"—old grandmothers and grandfathers, fathers and mothers, and dark-eyed children in black sateen aprons—even little Pierre went in his mother's arms, although he would "faire dodo" and keep on sleeping peacefully in a most unappreciative way.

Many Were. "These are only a few of my hunting exploits," boasted the young man. "I see. But what did you do in France?" "I wasn't over there." "No?" said the girl. "I was."—Louisville Courier-Journal.

Occupation for an Idle Moment. "Charley, dear," said young Mrs. Torkins, "have you a minute to spare?" "Yes." "Well, I wish you would tell me exactly what is meant by a 'league of nations' and 'freedom of the seas.'"

Some women swear like men, while others will not even darn socks.

It is the struggle to keep up appearances that keeps some persons down.



The Popular Choice
People of culture taste and refinement are keen for health, simplicity and contentment. Thousands of these people choose the cereal drink **INSTANT POSTUM** as their table beverage in place of tea or coffee. **Healthful Economical Delicious**

Cost of War in Blood and Treasure

SEE the bank teller at his window. He is counting \$10 bills. His cage is stacked high with bales of \$10 bills. He is counting 100 bills every minute. He works ten hours a day, seven days a week. He is trying to count the money spent on the world war. But he will never, never be able to do it—not he, nor his son, nor his son's son, nor many generations to come. To count out in \$10 bills the money spent on the war would take more than 1,000 years. Methuselah, who lived to be 969 years old, might have done it by working nights. No other mortal could.

It must not be overlooked that Methuselah, either in his own time or ours, would soon have run out of currency. The world does not have, and never will have, in money of any denomination, the appalling sum of \$221,000,000,000. Something like that is what the world has spent on the war that is passing into history, writes Glendon Alvine in the New York Tribune.

These are figures that outdistance the comprehension of the wisest man that ever lived. The cost of the war transcends all the monetary conceptions which even a financier can conjure up. Nor is it much easier to conceive the toll of life that the war has taken.

Great Britain alone has lost in the war about 1,000,000 men. France has lost perhaps 100,000 more. In a general way these figures mean something to us, but an illustration may help visualize these allied dead.

Not more than 100,000 persons have marched in the greatest parade that Fifth avenue has ever known. Our preparedness parade, and possibly the Third Liberty loan parade, totaled that number of marchers. All day long they marched, and until after sundown. We thrilled at the sight of these living Americans.

Let us visualize the march of the British dead. At daybreak they start down Fifth avenue, 20 abreast. Their fallen comrades follow a few paces behind, in close marching order. Until sundown these men who have "gone west" march down the avenue. The next day there is a similar parade, and the next, and the next. For ten days the British dead pass in review.

For 11 days more the French dead file down the Avenue of the Allies. Three weeks of marching dead men. The Russians who died fighting for their empire that was would require the daylight hours of five weeks more. And for the other brave allied fighting men we must reserve a fortnight. Two months and a half for the allied dead to march past a given point.

The enemy dead, although definite figures are not available, number about 4,800,000. For them to pass in review would require more than six weeks.

Throughout all the daylight hours of June, July, August and September, then, the ghastly procession would continue. It is an appalling picture to contemplate.

As preliminary punishment for the fugitive kaiser, for whom so many horrible fates have been suggested, there may be torture available here. For him to stand at attention throughout four hot summer months, while the ghosts of those he sent to death pass in constant review—surely that might inflict mental agony enough to appease the most vindictive.

Historians will finally agree that \$221,000,000,000—or some such figure—was spent by the nations involved. They will eventually place the toll of dead at 11,000,000 or thereabout. They may decide that shipping was destroyed to the value of \$2,000,000,000. But never, in computing the cost of the war, will they be able to estimate accurately these indirect losses:

- Physical suffering.
- Increased illness.
- Increased death rate.
- Lowered race vitality.
- Decreased birth rate.
- Curtailed education.
- Moral degradation.
- Property destroyed.
- Crops and trees devastated.
- Cargoes sunk.
- Property damaged by idleness.
- Industry crippled by diversion of men.
- Production diverted from creative to destructive purposes.
- Business development checked.
- Inflation of currency and increased prices.

Of these indirect losses to the invaded territory which has been redeeded by the allied armies, Andre Tardieu, French high commissioner to the United States, says:

"The territories which have been under German occupation for four years were the wealthiest part of France. Their area did not exceed 6 per cent of the whole country. They paid, however, 25 per cent of the sum total of our taxes. These territories, which have been occupied again by us at the cost of our own blood and the blood of our allies, are now in a state of ruin even worse than we had anticipated. The very ground is torn, overturned, laid waste, damaged with shell splinters, and for months, maybe for years, unfit for production. The fruit trees have been cut, sawed down to the level of the ground.

"Of the cities and villages nothing remains but ruins; 350,000 homes have been destroyed. To build them up again—I am referring to the build-



It would take more than 1,000 years to count in \$10 bills the money spent in the war.

ing proper, without furnishings—600,000,000 days of work will be necessary, involving, together with building material, an outlay of 10,000,000,000 francs.

"As regards personal property of every description, either destroyed by battle or stolen by the Germans, there stands an additional loss of at least 4,000,000,000 francs. This valuation of lost personal property does not include—as definite figures are lacking as yet—the countless war contributions and fines by the enemy, amounting also to billions.

"I need hardly say that, in those wealthy lands, no agricultural resources are left. The losses in horses and in cattle, bovine and bovine species, hogs, goats amount to 1,510,000 head—in agricultural equipment to 454,000 machines or carts—the two items worth together 6,000,000,000 francs.

"Now as regards industries, the disaster is even more complete. These districts occupied by the Germans and whose machinery has been methodically destroyed or taken away by the enemy, were, industrially speaking, the very heart of France. They were the very backbone of our production, as shown in the following startling figures:

"In 1913 the wool output of our invaded regions amounted to 94 per cent of the total French production. And corresponding figures were: For flax from the spinning mills, 90 per cent; iron ore, 90 per cent; pig iron, 83 per cent; steel, 70 per cent; sugar, 70 per cent; cotton, 60 per cent; coal, 55 per cent; electric power, 45 per cent. Of all that, plants, machinery, mines, nothing is left. Everything has been carried away or destroyed by the enemy. So complete is the destruction that, in the case of our great coal mines in the north, two years of work will be needed before a single ton of coal can be extracted, and ten years before the output is back to the figures of 1913.

"All that must be rebuilt, and to carry out that kind of reconstruction only there will be a need of over 2,000,000 tons of pig iron, nearly 4,000,000 tons of steel—not to mention the replenishing of stocks and of raw materials which must of necessity be supplied to the plants during the first year of resumed activity. If we take into account

Four months would be required for men killed in the war to march past a given point.

these different items we reach as regards industrial needs a total of 25,000,000,000 francs.

To reconstruct these regions, to reconstruct these factories, raw materials alone are not sufficient; we need means of transportation. Now the enemy has destroyed our railroad tracks and railroad track equipment. Our rolling stock, which in the first month of the war, in 1914, was reduced by 50,000 cars, has undergone the wear and tear of 50 months of war.

"Our merchant fleet, on the other hand, has lost more than a million tons through the submarine warfare. Our shipyards during the last four years have not built any ships. For they have produced for us and for our allies cannon, ammunition and tanks. Here, again, for this item alone of means of transportation we must figure on an expense of 2,500,000,000 francs. This makes, if I sum up these different items, a need of raw material which represents in cost, at the present rate of prices in France, not less than 50,000,000,000 francs.

"And this formidable figure does not cover everything. I have not taken into account the loss represented for the future production of France by the transformation of so many factories which for four years were exclusively devoted to war munitions. I have not taken into account foreign markets lost to us as a result of the destruction of one-quarter of our productive capital and the almost total collapse of our trade. I have not taken into account the economic weakening that we shall suffer tomorrow owing to the loss of 3,000,000 young and vigorous men."

Compared to these, the losses accruing to the United States as a result of the war are, of course, slight. America has scarcely been "bloodied." It is true that the war may cost the United States possibly 50,000 lives—every one a precious offering to freedom—but several times as many Americans have died at home during the recent influenza epidemic.

When we consider the number of Americans who died in our Civil war, our present losses seem almost trivial. The deaths from all causes in the Civil war totaled 618,528—about 15 times as many lives as the world war cost the United States. Those killed in action on the Union side, alone—110,070 men fighting for the North—number more than two to one the Americans who have recently died fighting overseas.

The financial contribution America has made toward defencing the central powers is magnificent—but comparatively a small sacrifice for the richest country in the world.

To date the total war indebtedness of the United States is \$17,852,377,000, distributed as follows:

First Liberty Loan.....	\$2,000,000,000
Second Liberty Loan.....	3,200,000,000
Third Liberty Loan.....	4,150,000,000
Fourth Liberty Loan.....	6,200,000,000
War Savings Stamps.....	\$70,377,000

A fifth loan is being planned to help defray the cost of the war. The tax bill now under consideration by congress and other taxation will not net the remainder America has spent, or will spend to finish up the disagreeable job.

But even if the war finally costs America \$25,000,000,000—other estimates have varied from \$20,000,000,000 to \$50,000,000,000—that is a small portion of its national wealth. How the amount the United States has spent on the war compares with its economic wealth and how these figures stand from the following estimates, no exact figures being available:

National Wealth.	War Cost.	Pre-war Debt.
United States.....\$20,000,000,000	\$25,000,000,000	\$1,000,000,000
Great Britain.....20,000,000,000	40,000,000,000	2,500,000,000
France.....10,000,000,000	20,000,000,000	5,000,000,000
Italy.....10,000,000,000	10,000,000,000	2,000,000,000
Russia.....10,000,000,000	25,000,000,000	4,000,000,000
Total.....\$40,000,000,000	\$100,000,000,000	\$18,000,000,000

Swiss bankers, who from their neutral vantage point have watched 24 nations spend money on a scale hitherto unknown, have estimated the annual cost as follows for the 1,567 days the world was plunged in war:

1914.....	\$10,000,000,000
1915.....	20,000,000,000
1916.....	28,000,000,000
1917.....	60,000,000,000
1918.....	\$7,000,000,000
Total.....	\$123,000,000,000

The figures used in this discussion, both referring to blood and treasure, are accurate wherever definite figures have been made available by the governments involved. The figures for the central powers are, necessarily, estimates.

Suffered For Years Back and Kidneys Were in Bad Shape, But Doan's Removed all the Trouble

"My kidneys were so weak that the least cold I caught would affect them and start my back aching until I could hardly endure the misery," says Mrs. D. C. Ross, 973 Fulton St., Brooklyn, N. Y. "In the morning when I first got up, my back was so lame, I could hardly bend over and my nose sent darts of pain through my kidneys. It was hard for me to walk up stairs or stoop, and to move while lying down sent darts of pain through me."



"The kidney secretions were scanty and distressing and the water remained in my system, making my feet and hands swell. There were dark circles under my eyes and I became so dizzy I could hardly see. I had rheumatic pains in my knees and it was all I could do to get around. For years I was in that shape and I wore plasters and used all kinds of medicine to no avail until I tried Doan's Kidney Pills. They rid me of the trouble and strengthened my back and kidneys. When I have taken Doan's since, they have always benefited me."

Sworn to before me. L. N. VAUGHAN, Notary Public. Get Doan's at Any Store, 60c a Box. **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

GERMOZONE

The Ideal Flock Treatment for Poultry, preventive as well as remedial for Roup, Colds, Canker, Swelled or Sore Head, Diarrhoea, Bowel Troubles, Lame Neck, etc. Tablet form per package, postpaid 75c (C. O. D. if desired). Sold by most dealers in both liquid and tablet form. Booklet on diseases, free. G. E. H. L. F. CO., Dept. 5, Omaha, Neb. A Live Poultry Supply, 5 boxes FREE with package of GERMOZONE, if requested.

Quick Service.

Overheard in Central avenue street car:

"Motherly person to fashionably dressed young girl she had evidently met on board car: "My son has received his honorable discharge and is coming home tomorrow. I had a wire today, saying: 'Take down your service flag. I shall be home tomorrow.'"

Fashionable girl, registering sympathy: "Oh, isn't that splendid! Is he in France?"—Detroit Free Press.

BOSCHEE'S SYRUP

Why use ordinary cough remedies when Boschee's Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles? It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Made in America and sold for more than half a century.—Adv.

Working on the Jury.

"And what does the fair plaintiff in this breach of promise suit call herself?" "An artist." "I notice there seems to be a sharp difference of opinion between the fair plaintiff and the defendant's lawyer." "Yes?" "He keeps referring to her as a 'cabaret mechanic.'"—Birmingham Age-Herald.

\$100 Reward, \$100

Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$100 for any cure of Catarrh that HALL'S CATARRH MEDICINE fails to cure. Druggists 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Had to Admit It.

"Man is a tyrant," declared Mrs. Flibdub. "Isn't he, John?" "Really, my dear, I hardly—" "Is he or is he not?" "He is."—London Tit-Bits.

Cuticura Comforts Baby's Skin

When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Adv.

His Wife Does.

"Do you think a woman should get a man's wages?" "Well, my wife gets mine," replied Heupke sadly.

To keep clean and healthy take Doctor Pierce's Pleasant Pellets. They regulate liver, bowels and stomach. Adv.

It is never too late to learn, but we sometimes learn that too late.

The only substitute for a chunk of wisdom is a chunk of silence.

Don't wait until your cold develops Spanish Influenza or pneumonia. Kill it quick.

HILL'S CASCARA QUININE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a red top with Mr. Hill's picture. At All Drug Stores.

THE BLOOD SHED AND THE TREASURE SPENT			
	Men in Arms	Lives Lost	Total Casualties
United States.....	3,764,700	52,169	235,117
Great Britain.....	7,500,000	1,000,000	3,049,991
France.....	6,000,000	1,700,000	4,000,000
Italy.....	2,500,000	250,000	1,000,000
Russia.....	14,000,000	3,500,000	5,000,000
Belgium.....	350,000	50,000	300,000
Serbia.....	300,000	150,000	200,000
Roumania.....	600,000	200,000	300,000
Germany.....	11,000,000	2,500,000	6,900,000
Austria-Hungary.....	7,500,000	2,000,000	4,500,000
Turkey.....	1,500,000	250,000	750,000
Bulgaria.....	1,000,000	50,000	200,000
	56,014,700	11,102,169	25,435,108
			\$221,000,000,000