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DRUGS EXCITE YOUR KIDNEYS, USE SALTS
 If Your Back Hurts or Bladder Bothers, Drink Lots Of Water

When your kidneys hurt and your back feels sore, don't get excited and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salt which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 600 grains of acid waste, so we can readily understand the vital importance of keeping the kidneys active. Drink lots of water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate clogged kidneys; also to neutralize the acids in urine so it no longer is a source of irritation, thus ending bladder weakness. Try this, also. Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia water drink which everyone should have.

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SEPTEMBER 17, 1914

EIGHT GREAT POWERS PREPARED FOR WAR

In The Last Fifteen Years They Expended More Than Twenty-five Billion

When historians of the future look back upon us and chronicle the opening years of the twentieth century, their curious mingling of civilization and barbarism, they will be amazed to record the enormous sums paid out in preparation for war. And the historians of the future will be right. In the fifteen fiscal years since the opening of the twentieth century, the eight great powers of the world have expended on military and naval budgets more than twenty-five billions of dollars. The exact figure is \$25,078,407,892. \$15,048,284,806 of this having been spent for the armies, and \$7,080,123,086 on the construction and maintenance of fleets. Stop a moment and consider how enormous a sum this represents. The figures are in it almost twice as much money there is in the world, gold, silver and paper, which amounts to a little more than thirteen billions. It is five-eighths of the value of all the farms in the United States, about forty billion. It is five times all the gold and silver mined in the United States since the Declaration of Independence. It is more than twice the total national banking resources of this country. The whole civilized world has gone mad over preparations for war. Expenditures, heavy enough when the century began, have risen 30 per cent, and \$2,600,000,000 are now being spent annually in preparation for mutual destruction. Of course, we are told that every dreadnought and every bayonet is so much insurance against war, but the cost of insurance premiums have risen so rapidly that it is more costly to be prepared for war than actually to go to war.

Russia's Expenditures Against Japan.
 Russia spent \$1,845,095,389 on the Japanese war, according to the official figures, while Japan's war outlay was \$1,976,234,480. The total expenses of this war, therefore, \$3,821,329,870, which scarcely exceeds the annual expenses of all the nations in preparation for war today. Since the war lasted two years, Russia's war was actually less than that of Japan.

1900-1914	Army	Navy	Total
Russia.....	\$4,465,507,112	\$2,382,086	\$6,847,593,198
England.....	2,538,262,640	2,434,435,710	4,972,698,350
Germany.....	2,619,435,221	1,051,889,021	3,671,324,242
Japan.....	2,078,899,708	435,812,098	2,514,711,806
United States.....	1,799,294,970	1,508,771,940	3,308,066,910
France.....	1,154,030,324	851,184,116	2,005,214,440
Italy.....	828,806,812	405,367,845	1,234,174,657
Austria.....	870,054,725	140,169,467	1,010,224,192
Total.....	\$18,043,284,306	\$7,635,153,276	\$25,678,437,582
Grand total.....			\$25,678,437,582

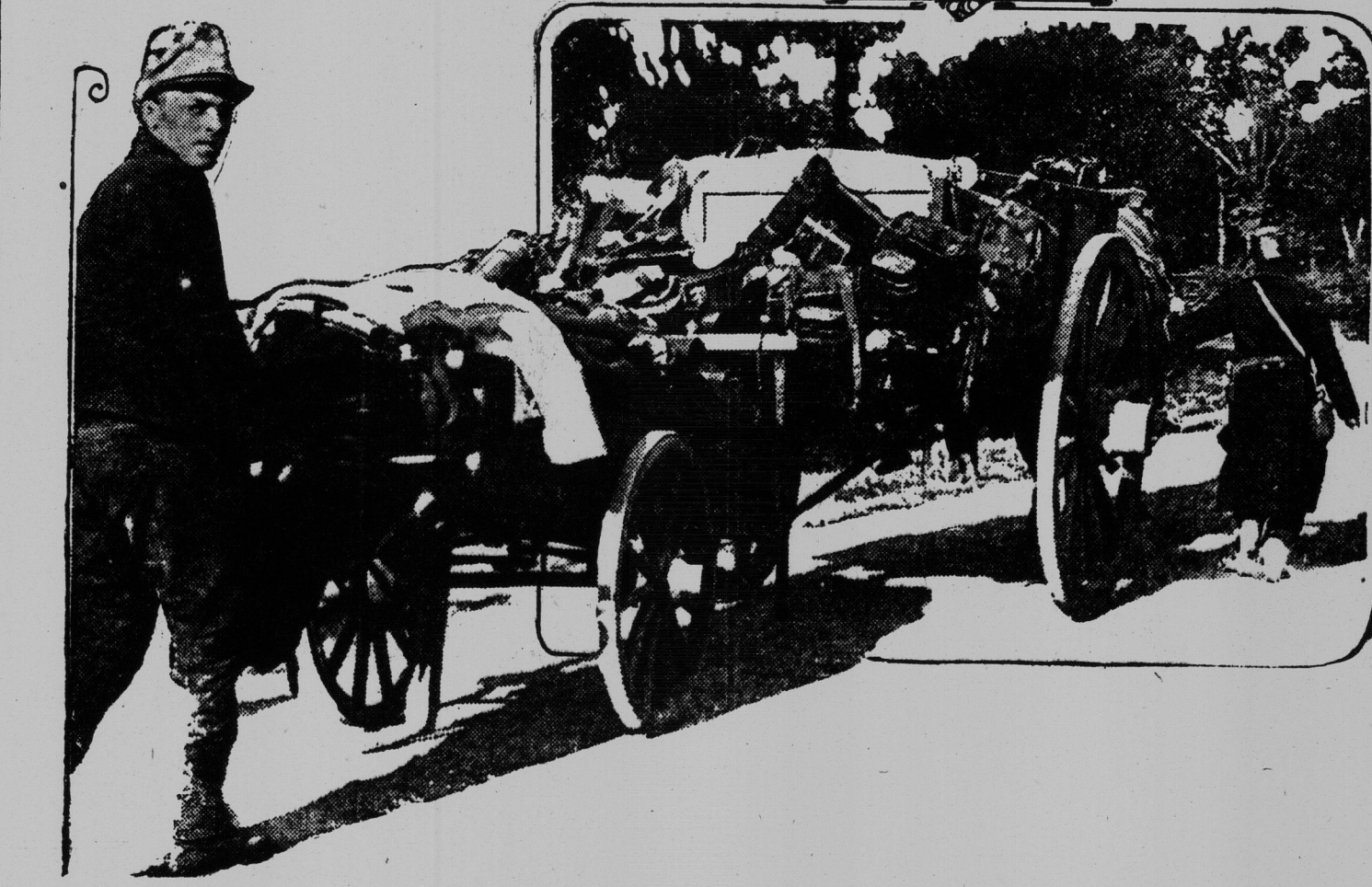
nations spend now in a similar space of time. In other words, the cost of war in insurance premiums has risen to more than 100 per cent. The premium is greater than the face value of the policy. Fourteen years ago Russia was spending \$216,852,156 on army and navy. Today the cost is almost double, the figure being \$487,400,024. Germany has almost doubled its outlay from \$246,535,548 to \$475,581,145. France shows an almost similar increase from \$187,589,769 to \$371,609,694. Japan's expenditures are more than twice as great, having risen from \$54,660,850 to \$120,024,808. In 1900 the United States spent on army and navy departments \$208,122,678. In the last fiscal year this had risen to \$914,938,791. The increases are uniform. The sole exception was in the figures for the English army, which stood at \$211,869,000 in 1900 and is now \$186,222,100. This decrease is only apparent, because the 1900 figures included the heavy expenses of the Boer war.

The eight great powers show an increase since the beginning of the century of \$20,750,178, a little more than 50 per cent. Moreover, the contagion of madness has spread to the smaller and weaker powers. The Kaiser proclaimed 1913 to be, like 1813 "a year of sacrifice" for the Fatherland. The peace footing of the army was increased from 680,000 to 806,000 privates. This cost \$250,000,000, which is being raised by a special war tax on large fortunes, graduated from 1-2 per cent to 5 per cent—not of the income, but of the principal sum itself—and this

FAIRVILLE GARDEN PARTY
 Success marked the opening night of the garden party conducted by the Mission Band of St. Columba's Presbyterian church, Fairville. The booth and games were well patronized and a large crowd spent a pleasant evening in the tastefully decorated church grounds. Supper was served in the church by girls of the mission band led by Miss Edna Duff. The icecream table was in charge of Mrs. Cox and the candy table in charge of Miss Bessie Myles and Miss Kate Leggett.

Connellsville, Penn., school teachers may entertain beaux only on Friday nights and keep in the good graces of the school board. The directors take the view that a teacher cannot do justice to the pupils unless she has had a good night's rest.

Bringing Home the Spoils of War--Trophies of the Battlefield



Belgian infantry bringing in carload of trophies captured after a fight with the Germans. Many haversacks and meat tins, probably thrown away in flight, are shown.

A Railway Journey Full of Thrills, Terror and Tears Along The War Frontier of Once Smiling France

Staff Correspondent Burton Rides With Suffocating Crowd Of Weeping and Fainting Refugees From Boulogne to Paris—The Kind Princess—Passing Trains of Singing Soldiers—Walking Good in Paris, With Aristocrat and Peasant

(By Harry Payne Burton)
 Paris, France, Aug. 20, 1914.—Would you like to hear about a railroad journey in war-torn France today? A trip from Boulogne to Paris—on the only train that makes the trip every twenty-four hours, traveling along close to the frontier of fighting. For an hour before the Paris train left the Gare du Nord at Boulogne it was actually besieged with passengers, for it is the only train that runs from the sea to Paris today in each twenty-four hours. And every passenger that rides on it is examined, re-examined and cross-examined, for Paris is not taking chances on letting in German spies.

The train was filled beyond suffocation when we finally started, two hours after the scheduled time. The distinction between the first, second and third classes had not been held to at all, and passengers, just escaped from some beleaguered section in the north of France, sat beside members of the Paris aristocracy returning from England, whether they had taken hurried trips to deposit jewelry and money or, indeed, to ship them for safe keeping in America.

And when the train did actually move, people were sitting in each other's laps in the compartments, and some of them were lying in the baggage racks overhead. All trains today in France are running under martial law. Reduced to fact, this means that no non-military train is permitted to travel faster than sixteen miles an hour and that it must stop at every station on the road so that the coaches may be examined for suspicious persons. Our train certainly stuck to schedule time. In fact, I am sure it never went faster than eight miles an hour. It took us just twenty-six hours to make the six-hour trip to Paris.

From the suburbs of Boulogne through to Paris there is not one-half mile of track that is not guarded by two uniformed French soldiers with fixed bayonets. Their figures, red, fitted past me by day with the regularity of telegraph poles and at night the twinkling of their lanterns, and the darkened compartment windows at as precise intervals.

The trip to Amiens was so uneventful and so wearisome that it seemed we would never get there. Beyond the holding up of the train at every station so that a guard might peer into our coach for people who looked like "Les Allemands" (the Germans) nothing happened. But when we reached Amiens at 8 o'clock in the morning everything changed.

We were in the war—or its backwash! The great black station at Amiens was filled with refugees, from all over the eastern part of France. I do not know the French language, but I can understand the language of tears, and here it was freely spoken. They were old women, women so old that their skin was as wrinkled as parchment from the catarrhs. They were crying silently as they huddled on their little bags of household treasures—all they had been able to carry away when the cry, "Les Allemands! Les Allemands!" pierced the air with horrifying suddenness in those quiet, little, frontier villages of Normandy.

Other women, younger and fresher, suckled babies at their breasts as the tears ran down their cheeks, and little boys, barefoot and hatless, trying to be brave, kept wiping tears out of their eyes or, exhausted at last, were sleeping on the unused tracks in the end of the station. There must have been 3,000 of these refugees in the station when we entered it. When we left it two hours later, the number had been tripled by incoming trains.

At Amiens I got off to get something to eat at the station. You could not buy anything. But all the food you wanted was given away. The government had arranged that everyone was to have much bread, cake and coffee as he wanted, nothing else, but plenty of that. There was no butter for the bread, but that was true in all France today. In the most exclusive restaurant in the city of Paris you can not buy butter, cream or milk. Every cow in the country has been commandeered for the army.

The compartment I rode in, arranged for four persons, was housing twelve ten minutes before our train starting to move. And then, on the next track to us, the train from Lille pulled in. And in the suburbs of Paris, where the train poured into the twelve coaches that made up our train. There were twenty-seven now in our compartment alone! Six bayonets.

As the new comers, women sunk into the seats or onto each other's laps, they just collapsed. They did not cry at first—they seemed to faint away. One woman was coming back from England, a princess of the Faubourg St. Germaine, because they feared their faces with cologne, and someone threw some water on their wrists. Coffee was brought from the station and in half an hour or so, after they seemed to have recovered, they returned to full consciousness.

Some one asked them what their experiences were and between sobs and wails they poured out volumes in the quick, brittle French language. Not a word of it I knew, except "Les Allemands," but that came frequently to their lips and it was hissed each time with a hatred that only the volatile French could muster into concrete vocabulary.

REDMOND CALLS ON IRISHMEN TO BEAR SHARE IN THE WAR

London, Sept. 16.—"The democracy of Great Britain have kept faith with Ireland, and it is now the duty of honor for Ireland to keep faith with them," says John Redmond, the Irish leader, in a manifesto issued tonight in which he calls on Irishmen to bear their share in the war in which the empire is engaged.

"The Irish people," Mr. Redmond continued, "know and appreciate the fact fully, that at last, after centuries of misunderstanding, the democracy of Great Britain have finally and irrevocably decided to trust them and give them back their national liberties. "By overwhelming British majorities a charter of liberty for Ireland has three times been passed by the House of Commons, and in a few hours will be the law of the land. A new era is opening in the history of the two nations. Mr. Redmond then goes on to speak of the war, saying: "It is a just war, provoked by the intolerable military despotism of Germany. It is a war for high ideals of human government and international relations, and Ireland would be false to her history, to every consideration of honor, good faith and self interest, did she not willingly bear her share in its burdens and its sacrifices."

"We have even, when no ties of sympathy bound our country to Great Britain, always given our quota, and more than our quota, to the firing line; and we shall do so now. "We have a right to claim that Irish recruits for an expeditionary force should be kept together as a unit and offered, as far as possible, by Irishmen, always given our quota, and more than our quota, to the firing line; and we shall do so now."

For the first time in about a dozen years mackerel have been caught in the New Haven waters. In recent years porpoises are believed to have driven them from the coast. In the last month thousands of mackerel have been caught.

A government patent to 76 acres of land in Springfield, Mo., was sent to a Jefferson City man by J. W. Bowen, United States land registrar. It had been in the land office since 1869 and it was signed by President Buchanan. The land was purchased from the government for 12 1/2 cents an acre.

THE W. C. T. U.
 The meeting of the W. C. T. U. yesterday afternoon was opened by devotional exercises, led by Mrs. Strong, of P. E. Island.

A paper on the Ideal Mother was read by Mrs. Hetherington, reports on the militia and foreigners were read by Mrs. Colter and the question box was discussed by Mrs. Livingston.

Rev. R. H. Slaver, field secretary of the New Brunswick branch of the Dominion Alliance, also spoke. Those on the platform were Mrs. J. MacWha (chairman), Mrs. Lindlow, Mrs. L. R. Hetherington and Mrs. A. C. M. Lawson, Fredericton.

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This advertisement is a map to guide men to the right port for correct dress. We can put you on the top wave of the sea of fashion.

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SUITS cut in extreme, conservative and middle-of-the-road styles, but all designed for this season, \$12 to \$32.
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K. W. Epstein & Co.
 OPTICIANS
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THINGS WE CAN DO IN THE MIDST OF WAR

Here are some simple things that, according to the London Times all can do, and others that all can avoid, as

First and foremost—Keep your heads. Be calm. Go about your ordinary business quietly and soberly. Do not indulge in excitement or foolish demonstrations. Secondly—Think of others more than you are wont to do. Think of your duty to your neighbor. Think of the common weal.

Try to contribute your share by doing your duty in your own place and your own sphere. Be abstemious and economical. Avoid waste. Do not store goods and create an artificial scarcity to the hurt of others. Remember that it is an act of mean and selfish cowardice.

Do not hoard any gold. Let it circulate. Try to make things more easy, not more difficult. Remember those who are worse off than yourself. Pay punctually what you owe, especially to your poorest creditors.

If you are an employer, think of your employed. Give them work and wages as long as you can and work short time rather than close down. If you are employed, remember the difficulties of your employer.

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With price of meats, flour, sugar and all other foods climbing by leaps and bounds, it is well to remember the economy and better health in

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FOOD
 Made of choicest wheat and barley, this food is fully cooked, easy to digest, and full of rich nourishment. With cream or milk, an economical, delicious dish for any meal. You can be independent and live well—with Grape-Nuts.

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