

FOOD HINTS FROM WHOLESALE HOUSE

Kellogg-Birge Company Will Educate the People of Keokuk in the Science of Sensible Dieting.

TAKING THE INITIATIVE

Big Wholesale House Will Wage Campaign, Viewing Food Values From Economic and Nutritive Standpoint.

Educating the people of Keokuk in food values, both from an economic and a nutritive standpoint, is the work to be taken up by the Kellogg-Birge company. The campaign for more sensible eating is to be carried on by means of pamphlets, store window posters and various other methods of reaching the people. One of the features will be a daily menu, with the cost of each article and its value as food for the body appended so that one may not only provide for his table in an economical way, but, by exercising judgment, purchase those articles which will give the most sustenance.

"It will not be long before people all over the country turn to scientific eating," says H. C. Brown. "Prices are going up and many people eat certain food regardless of the cost and knowing nothing whatever of the nutritive value of the meal set before them. This is fundamentally wrong. The time is coming when they will buy scientifically. Now is the time to educate them and we are going to take the initiative in Keokuk."

Keeping Up Human Body.
"To sustain the body 2,500 calories or heat units per day are necessary. For instance, a pound of navy beans contains 1,600 heat units. A little over a pound and a half will sustain the body. Of course this amount, while giving the sufficient number of heat units, might be injurious for other reasons; but the point is this—we must eat food that contains 2,500 calories a day to give the body proper sustaining power or the chances are that our system in time will run down."

"Olive oil contains 4,080 heat units to the pound while celery only 85, the latter having practically no food value. Beef steak figures up to 1,130, but bananas, while greatly relished in salads, have only 460. Buckwheat, rice or rye makes a good morning dish because the heat units are nearly 1,800 to the pound. Many people prefer grape fruit which is a great morning relish but not nearly as healthful as a few dried figs."

Candy Sales Increasing.
While the Kellogg-Birge company has been forging to the front in every department, none is showing more advance than that devoted to the manufacture and sale of candies. The company makes only the better and high grade chocolates, ranging in price from 40 cents to 80 cents a pound. All of the chocolates turned out are hand-dipped. It has been found that machine-dipped chocolates are all right in the 10 1/2 cent grade, but in the better brands the hand work is demanded to give the glazed finish and attractive appearance. Dipping chocolates is no child's play and girls with nimble fingers are needed in the work. The product turned out in the candy department takes rank with the best in the country, and Kellogg's chocolates are fast becoming best sellers.

Kellogg-Birge company is increasing sales in every department. The wholesale house has grown into one of the greatest business institutions in the city through the able management of the following officers:
Ira W. Willis, president.
C. R. Joy, vice president.
H. C. Brown, secretary.
E. M. Majors, treasurer.

PEOPLE HAVE COIN FOR TAXES

Levies in the State of Iowa Have Been More Than Half Paid.

DES MOINES, Aug. 28.—That Iowa people have been prosperous this year is reflected in the way taxes were paid. They have paid considerably more than half their taxes the first part of the year.

According to the returns to the office of state auditor there had been received of the various half-mill millage taxes, such as those which go to the educational work of the state, over \$25,000 for each half mill. As a half mill levy will ultimately yield about \$50,000, this means that more than half of each one was paid prior to the first of June.

If these fixed millage taxes are more than half paid it means that of all taxes more than half has been paid. This is unusual, for it has generally been the rule that the major part of the taxes comes in at the fall tax paying time.

What "Red Turkey" Means to You

"Red Turkey" is the name given to the world's best wheat. This wheat came originally from southern Russia, near the Turkey border, and because of its reddish color was called "Red Turkey" wheat. Chemical tests prove this wheat richer than any other wheat in the gluten that makes flour wholesome and nourishing. Besides, it has a flavor that no other wheat possesses. For these reasons, you should use only flour that is milled from "Red Turkey" wheat.

ARISTOS FLOUR



Aristos Flour makes better bread, better biscuits, better cake, better pies—because it is carefully made from the finest Red Turkey Wheat, giving your baking always a delicious flavor. The perfect proportion of Gliadin in the gluten—that is the reason. Use Aristos Flour whenever the recipe calls for flour, and your baking will be improved.

Ends Baking Troubles—



Better bread—better biscuits—better pie—better cake—
—or your money back.

KELLOGG-BIRGE COMPANY, Distributors
KEOKUK, IOWA

Kellogg's Chocolate Candies

Special Hand Dipped
For Particular People

If you don't get a box of Kellogg's you don't get the pleasure, satisfaction and joy you can have from an hour with your best friend.

PLAN WARSAW CENTENNIAL

Big Jubilee Sept. 29 and 30 and Oct. 1, Will Attract Thousands of Visitors From Three States.

WILL UNVEIL MONUMENT

Event is of State-Wide Importance and National Figures Will be on the Speakers' Program.

Warsaw's centennial jubilee, announced for September 29 and 30 and October 1, and featured by the dedication of the Fort Edwards monument, looms up as the biggest event on the schedule of all entertainments in this part of the country.

Following Keokuk's decision not to hold a fall celebration this year, interest locally has centered in the three day program being arranged by our down river neighbors, and every avenue of traffic will be taxed in getting the people on the grounds. Even at this early date the interurban, as well as the steamboat lines plying the river, are planning for an increase in business equal to that of last August, when the Keokuk dam was formally opened.

Historic Significance.

Warsaw has been planning for this celebration for years. When the fund for the erection of the monument was first started, the town began to look forward to a dedication week that would tax its capacity for entertain-

ment and hospitality. For months the finance committees have been campaigning for money, and now that the treasury is stocked, the sub-committees are hard at work lining up the program features. Warsaw has staged many celebrations, but the importance of the monument dedication as a historic event places it far ahead of anything the town ever has attempted.

The program will include not only the historic features of the dedication, echoes of the early battlefields, but also the rollicking excitement of carnival time. Dr. T. A. Hartley, chairman of the committee on concessions stated when in Keokuk last week that a solid line of free attractions has been booked, among them two troupes of acrobatic performers who are under the direct management of Mort H. Singer, the Chicago theatrical producer. Reservations for concessions are being made right along, and the outline of "the pike" is rapidly taking shape.

State Aids Financially.

The state of Illinois appropriated \$2,500 toward the Fort Edwards monument, and the event thereby becomes of state-wide importance. Not only that but the many aspects of the early history of the fort and with its numerous army associations, carry the event into the field of national interest. Speakers of great prominence in the nation's life are being secured for the dedication program. Among them are Governor Edward F. Dunne of Illinois, and United States Senators L. Y. Sherman and James Hamilton Lewis. An effort is being made to secure Theodore Roosevelt, in that the colonel will be in this part of the country about that time. The invocation on the dedication program probably will be made by Bishop M. Edward Fawcett of the Episcopal diocese of Quincy. Historic features will predominate, and the big trouble of the committee is to find time for all of the events planned.

The site of the monument, as it stands on Fort Edwards point overlooking the Mississippi, with an unsurpassed view to the north and west, affords an ideal place for a dedication

ceremony. In the distance the great Keokuk dam may be seen plainly in outline.

First Day for Old Soldiers.

On the first day, September 29, the old soldiers of the state will hold forth. Camp fires will entertain both old and young. The reunion of the veterans of the blue will make a fitting opening to the monument celebration. The dedication itself is scheduled for September 30, and on the day following that, the old settlers of the county will gather for their annual reunion, always an event of peculiar interest.

The famous Illinois Fifth Infantry band of thirty-five pieces, will be the central musical attraction. Other musical organizations will add to the general celebration atmosphere. Hundreds of people, former residents of Warsaw, will take advantage of the opportunity to return for another look at the old town, and many reunions have been planned. The home coming feature is being played up extensively, and the general interest shown indicates that practically every state in the union will be well represented when the roll call of visitors is made. Add to this the thousands from neighboring towns and counties who will attend, and it soon becomes apparent that Warsaw is to be a real center of attraction on the last two days of September, and on the first day of October, of this year.

Historical Sketch.

A number of years ago there appeared in The Gate City an historical sketch from the pen of J. K. Mason of the early forts in Hancock county. It has to do with both Fort Edwards and Fort Johnson, and is reproduced as follows:
Fort Johnson was the first fort ever built in Hancock county, and as it was only a wooden stockade with blockhouses of round logs, and only stood a few months, many believe that no such fort ever existed, but it did; and it was built in 1814 by Capt. Zackery Taylor, afterwards president of the United States. A detachment under command of

Captain Taylor, left Cape Gris on the 3d of August, 1814, in boats, for the Indian town at Rock river. The detachment consisted of 334 men, officers and privates. A report from the commanding officer to General Howard, dated at Fort Madison, Sept. 6th, gives details of the expedition. The expedition met with a superior force at Rock Island, were repulsed, and fell back. The report says: I then determined to drop down the river without delay, as some of the officers of the rangers informed me their men were short of provisions, and execute the principal objects of the expedition, in erecting a fort to command the river. In the month of October the people of St. Louis were astounded with the intelligence that the troops stationed at Fort Johnson had burned the block houses, destroyed the works and retreated down the river to Cape au Gris. The officer in command (Taylor having recently left that post) reported that they were out of provisions and could not sustain that position. Fort Johnson is said to have been named after the slayer of Tecumseh, and stood on the bluff above Alber's mill, only a little farther down the river, and probably did not remain over six weeks.

Built Fort Edwards.

Fort Edwards was built in the fall of 1814, also by Captain Taylor on the high point of land looking toward Keokuk. The three cornered outline of the fort can yet be traced. It was abandoned in July, 1824, at which time it was garrisoned by Commander F. Fifth Infantry. The order (No. 36) dated at Louisville, Ky., June 11, 1824, ordered that the position of Fort Edward, Ill., will forthwith be evacuated and its garrison (except a faithful non-commissioned officer and six privates, who will be left for the preservation of the public property, and the crop at present standing) be removed to Fort Armstrong.

The same order requires Assistant Surgeon McMillen to appear as witness at Fort Armstrong before a court martial, convened to try Brevet Major Marston, of the Fifth Infantry who (Marston) afterwards opened a farm

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near Calamus Springs, below Warsaw, and was one of the first grand jurors of Hancock county, in 1839. He afterwards died in a drunken fit. It was supposed, and was found in a shallow slough between the fort and his house. Of other officers of the fort, with the exception of Dr. Muir, but little is known.

Fort Edwards was named after Governor Edwards of Illinois territory.

—Read The Gate City want column.

Costly Treatment.
"I was troubled with constipation and indigestion and spent hundreds of dollars for medicine and treatment," writes C. H. Hines, of Whitlow, Ark. "I went to a St. Louis hospital, also to a hospital in New Orleans, but no cure was effected. On returning home I began taking Chamberlain's Tablets, and worked right along. I used them for some time and am now all right." Sold by all dealers.—Advertisement.