

## "There's a Reason"

 why more and more coffee drinkers quit coffee and usePOSTUM Once convinced that coffee-drinking is actually harmful to health, few parents would give coffee to their chil-dren or drink it themselves. What proof more convin and pains that many coffee-drinkers suffer? medical and scientific opinions against coffee? Brain, Stomach, Heart Liver and Kidneys are the first organs to be affected. Sometimes it shows in headache; oft-
en in nervousness, indigestion or heart disturbance; frequently in biliousness or disturbed vision.

## If you are in doubt, try this testStop coffee ten days and use POSTUM

This pure food-drink made of prime wheat and a small per cent of molasses, has a rich, Java-like flavour and is absolutely pure and free from the coffee-drug affeine, or any other harmful ingredient.

Postum comes in two forms:
Regular Postum-must be boiled 15c and 25c packages
Instant Postum-needs no boiling. A teaspoonful of the soluble powde stirred in a cup of hot water makes a deightful beverage instantly. 30 c and 50 c tin

Grocers everywhere sell both kinds and the cost per cup is about the same.
"There's a Reason" for POSTUM

Random Sketches
All sointis Dallowion, It a featival or the

Apples! Apples!! Apples!!!

Iowa, Illinois, New York, Virginia

W. B. DANIEL

## 206-208 Main Street

Offers the dealers of Keokuk and vicinity the largest assortment of varieties ever offered in Keokuk, The quality is the best. List includes New York Baldwins, Greenings, Russets, Twenty Ounce Pippins, Gilliflowers, Virginia York Imperials, Iowa Willow Twig, Minkler, Grimes Golden, Rome Beauty, Pennock, Ben Davis, Illinois, Wine Sap, Gano, Arkansas Black, Mammoth Black Twig, Staymen Wine Sap, Missouri Pippins. All in barrels, packed number one grade. Also Western Box Jonathans.

CHAS. A. KENNEDY
OF LEE COUNTY
REPUBLICANCANDIDATE FOR CONGRESS FIRST DISTRICT OF IOWA

Note:-Congressman Kennedy has never failed to respond to every request of Keokuk citizens. He has been equally loyal and efficient to every county and city in the First district.


## The Rural Telephone

In the United States the telephone has been ex-
ended to mall towns, farms and ranches much more tended to small towns, farms and ranches much moro
generally than in any other country.

In American towns of under 100,000 people, and on the farms and ranches, there is an average of one tel. ephone for every
than one telephone for every
200

Nearly $58 \%$ of American telephone exchanges are In the smail towns and on the farms in Europe the telephone is a near curiosity.

The private companies in America have given the American people the lowest telephone rates anytry now has more telephones and more telephone wire than all the rest of the world.

IOWA TELEPHONE COMPANY

Lohn Opstolitón ForMoving, Storage, Tranafey

PROFESSIONAL CARDS
PHYgisty
DR. W. PP. BHENLOCK,
PHYAIOMA AND
SURGDON







