

Hot Weather Bad for Women's Nerves

Season When They Most Need Their Strength to Withstand the Heat

Hot weather has a decidedly weakening effect on most women. They become too languid to exercise, and as a result have appetite only for light, tasty foods, like salads and other cold concoctions, which do not digest readily and increase the natural tendency to constipation.

At this season women should maintain the highest possible standard of health, to counteract the enervating effect of the weather. Good direction and regularity of the bowels are essential. The combination of simple laxative herbs with papain, sold in drug stores under the name of Dr. Caldwell's Syrup Pepsin, is highly recommended as a laxative and digestant by many physicians, as well as by thousands of women who depend upon it as a remedy for many of those ills to which women seem more especially susceptible.

Get a fifty cent bottle of Dr. Caldwell's Syrup Pepsin from your drug-



gist and have it in the house. Take a dose of it tonight and by morning your constipation, indigestion and sick headache will vanish. It is far preferable to cathartics, purgatives, and salts, because it does not gripe or shock the system but acts gently, in an easy, natural manner, expelling the congestion of waste and restoring normal activity of the organs.

A free trial bottle can be obtained by writing to Dr. W. B. Caldwell, 453 Washington St., Monticello, Ill.

SUFFRAGE WAS BREAKFAST TOPIC

(Continued from page 5.)

that some step toward peace might be made. Then Jane Addams, who, because of what she has done, has earned a place as the foremost woman of America, and who receives a respectful hearing from whomsoever she addresses, went to the emperor of Germany and the prime minister of England and the other rulers of the warring nations and told them the results of the deliberations of the congress. Perhaps it will have no effect whatsoever toward the establishment of a world's policy of peace, still it was worth while as a protest against war, and as an example of women big enough to disregard possible ridicule for a principle, which must finally triumph.

Other Features.

Mrs. Joseph J. Axtell, who is president of the only federated club in Keokuk, was asked to read the resolution endorsing suffrage, passed by the Iowa Federation of Women's Clubs at its last meeting, as follows:

"Be it resolved, that we reaffirm the endorsement by this body, of the movement to secure the ballot for women and we urge upon the women of Iowa their active personal support of the campaign which will be waged in this state this year, in the hope that it will bring a victory that will result in an increased efficiency along all those lines in which we have been working."

Mrs. Robert Ralston Jones of Cincinnati, who lived here before her marriage, and who was introduced as the daughter of Mrs. Virginia Wilcox Ivins, spoke in a very interesting manner on some of the patriotic work which has been done by the Ohio women and particularly by the Cincinnati chapter of D. A. R., of which she was regent for two years. The program closed with the reading of Van Dyke's poem, America for Me, by Mrs. W. G. Blood who was introduced as one who can trace her ancestry in America as far back as the coming of the first white settlers to the shores of Plymouth.

Those who attended the breakfast were: Mrs. J. B. Diver, Mrs. J. W. Townsend, Mrs. W. J. Roberts, Miss Rachel Roberts, Mrs. W. G. Blood, Mrs. Robert M. Lapsley, Mrs. E. E. Hawkes, Miss Julia Conroy, Mrs. Ernest L. McCoid, Mrs. S. Chandler, Carter, Mrs. H. T. Herrick, Miss Ora Belle Cole, Dr. Pease, Mrs. D. B. Hamill, Mrs. L. A. Sawyer, Mrs. M. A. Martin, Mrs. Henry W. Huiskamp, Mrs. J. W. McSpadden, Mount Clair, N. J.; Miss Lida G. Howell, Miss Anne B. Davis, Mrs. Frank M. Fuller, Mrs. E. O. Boyd, Mrs. Anderson, Mrs. Elmer Weisman, Mrs. C. W. Durrett, Mrs.

BEACH IS OPENED WITH BIG CROWDS

Estimated That Over Three Thousand People Visited the Newest Pleasure Resort of Keokuk Yesterday

MANY WERE IN WATER

Although Air Had Little Chill To It, This Fact Stopped Few From Swimming at Moose Beach.

Over three thousand people attended the formal opening of the Moose beach yesterday. All day the beach proved the magnet which drew hundreds down Anschutz hill. Although the air had a little chill in it, it did not deter several hundred bathers from going into the water.

Early in the morning, several parties made their way to the beach, and from that time on people kept coming. The largest crowd was at the beach in the afternoon, naturally. The benches which had been purchased on Saturday, were put into place in a line facing the water. People were given an excellent view of the entire beach from these seats.

And there was plenty to interest them. There were the pretty girls with bathing suits of the latest mode, and colors. Some were there to swim and others were like the young lady of the couple—they didn't go near the water. And the men were quite as amusing. The fat man who insisted on dropping from the topmost rings of the ladder on the float, and splash into the water; the man who hit the water; the man who wished to attract most of the attention and tried his dives when the spotlight would be clear for him, and the man who really liked to swim and was there for the sport of it, all of these people were at the beach. And the youngsters were having the time of their lives in the shallow water inside the enclosure.

There was even music at the beach, supplied by an electric piano. And the refreshment stand, which supplied soft drinks and confections, did a big business.

Pool Rooms Were Closed.

WACO, Texas, July 6.—After one year's trial of closed pool rooms, Waco, the first large city in Texas to abolish the pool hall, is in a better condition, morally, than ever before, prominent ministers today told the United Press. With a population of 50,000 and surrounded by the most populous country in the state, the pool rooms were ousted a year ago.

"When the pool rooms closed the shark and cue crook was driven from the city," one prominent churchman declared. "The youth who loved the game for the sport went to the Y. M. C. A. and the church basement. The larger churches have installed pool tables under morally proper supervision."

Today's Oddest Story.

WASHINGTON, July 6.—Have you been among those hoaxed into hunting for a passenger, or wood pigeon, nest containing eggs, hoping to get a \$10,000 reward from Uncle Sam?

Thousands of persons have been hoaxed in this way, the department of agriculture announces in an official statement heading off future victims of the fake story. The department says the wood pigeon, like the dodo, has long been extinct and that it is no offering any reward, despite hundreds of letters which have inquired about the alleged offer.

A Stride Backward.

St. Louis Globe-Democrat: The London tower is being put to its ancient uses.

MANY ATTRACTED TO BLUFF PARK

Program Which Manager Whittaker Prepared For Attracted Large Number From Keokuk, Nauvoo and Montrose.

PROGRAM IS VARIED

There Was Music for Dancing and An Athletic Program Which Furnished Plenty of Amusement for Everyone.

Bluff Park attracted a large number of people from Keokuk yesterday. The program which had been prepared by Manager Whittaker for a safe and sane Fourth appealed to hundreds and the popular summer resort north of here was crowded with people from Keokuk, Nauvoo and Montrose.

Train and boat schedules and automobiles offered every possible schedule for pleasure seekers to get to Bluff Park, and many people took advantage of the chance to spend the Fourth in this way.

Arne's six piece orchestra from here played for dancing during the afternoon and evening. The dancing pavilion proved one of the attractive places for both old and young. The crowd enjoyed the music and those who did not dance found pleasure in watching the dancers.

During the afternoon, there was a program of athletic events which afforded amusement by the barrel-full for everyone. The judges for the various events were John C. Scott of Keokuk, F. C. Tabor of Donnellson and Conrad Meister of Keokuk. Charles Kendall was the starter.

Winners of Races.

The events were won as follows: Boys' race—Ford Shales. Boys' race (over 16)—Everett Phelps, Montrose. Girls' race—Esther Eckland, Keokuk. Girls' race (over 16)—Ida Hardwood, Montrose. Fat man's race—Charles Kendall. The best of order was preserved, and Manager Whittaker was on the grounds at all times to see that everybody was enjoying himself. He gave everything his personal attention, and the people who were there appreciated the efforts of the management. Bluff Park is resuming its former popularity under the management of Mr. Whittaker.

AMUSEMENTS.

At the Grand.

"The Wild Goose Chase," a Paramount romantic comedy which made such a big hit at the Grand yesterday, will be shown again tonight. This feature proved to be of Paramount quality, a clean wholesome comedy, away from the coarse, slap-stick variety. It is a comedy which will produce the laughs without the shudders, one that everyone can enjoy. In "The Wild Goose Chase" two young people—a college boy and a charming girl—are ordered by their parents to marry each other, though they have never seen one another. This they refuse to do; and they consequently both leave home to seek their fortunes. Chance throws them together in the same barn storming theatrical troupe and they come to love one another without knowing each other's identity. Thus everything comes to a happy conclusion. See it at the Grand tonight.

Tomorrow a photodramatization of Edgar Selwyn's famous Broadway success, "The Country Boy," with Marshall Neilan and an all star cast.—Advertisement.

"The Eternal City" Opens at Astor Theatre.

American, New York City, April 13, 1915. In the full glory of Rome, with its sacred, crumbling ruins, Hall Calme placed the setting of the powerful story, "The Eternal City." And now the camera has followed him, reproducing what proved to be an audience at the Astor last night one of the most moving and altogether impressive photo-spectacles ever produced.

With the ripe experience of Daniel Frohman and the fine technique of F. S. Porter and Hugh Ford, the production was made by the Famous Players' Film Co. In its presentation it has quality and quantity unsurpassed.

No more remarkable scenes of grandeur and eye-feasting perspectives have ever been shown. The acting cast, headed by the beautiful Pauline Frederick, is a superb one, while the big scenes, street crowds, mobs and excited gatherings are the works of masters.

Full of the intensest drama, with a love story of wondrous appeal, the moving pictures grip every moment. It is the first time that a motion picture has inaugurated a new policy of such wide purport in a theatre, that of presenting a series of elaborate film spectacles in the manner of regular theatrical productions at prices of 25c to \$1.00.

"The Eternal City" will be shown at the Grand Thursday under the auspices of the ladies of the Order of Eastern Star, at prices of 10 to 30c. Seats reserved for the 7:15 performance without extra charge. Special music by Mr. and Mrs. Wylie Benham.—Advertisement.

War Postpones Triennial. WINNIPEG, Man., July 6.—Announcement was made that the triennial council of the Orange order of the whole world, will not be held in Winnipeg starting July 21, as intended, owing to the war situation.

If You are troubled with heartburn, gases and a distressed feeling after eating take a **Rexall Dyspepsia Tablets** before and after each meal and you will obtain prompt relief. Sold only by us, 25c. McGrath Bros. Drug Co.

Mr. and Mrs. Wylie Benham, at the Grand Thursday, in special music for "The Eternal City."

NEW YORK CENTRAL LINES

Familiar To All Business Men—The Sign of Good Service.

It is a service that is one of the greatest aids to the busy man, including, as it does, the

20th Century Limited
the famous all-steel over-night train to

New York and Boston

Leaves Chicago 12:40 noon Arrives New York 9:40 a. m.
Arrives Boston 11:55 a. m.

The smooth "Water Level Route" assures an unbroken night's rest and conserves your energy for the business of the following day. All New York passengers arrive at Grand Central Terminal, the heart of New York, and the only terminal on all lines of local transportation—subway, surface and elevated, making possible the least amount of delay in reaching any part of the city including Brooklyn.

Ten Other Fast Daily Trains
Between Chicago and the East, including the ever popular Lake Shore Limited and the fast morning train, Lake Shore Number Six, completing a service unsurpassed in excellence.

New York Central Lines
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Apply to your local agent for tickets and sleeping car reservations, or for complete information, call on or address our
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No Drugs—No Knife—No Osteopathy.
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and EMBALMING
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KEOKUK-NAUVOO AUTO BUS LINE

Third and Main	
Leave Nauvoo	Arrive Keokuk
8 A. M.	9 A. M.
1 P. M.	2 P. M.
Leave Keokuk	Arrive Nauvoo
11 A. M.	12 O'Clock
5 P. M.	6 P. M.

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Blue Skies and Snow Caps

YOU see scenic Colorado and Utah in daylight—the orange groves of Southern California—going to the California Expositions on the

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Delicious Flavour,
Rich Nourishment
Quick Preparation,
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Grape-Nuts and cream, in place of heavy, indigestible food, helps to make one cooler and more comfortable on hot days; and builds body and brain in a way that gives zest and energy.

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Sold by Grocers everywhere.

STRONG WORDS

From a Doctor With 40 Years Experience.

"In my 40 years' experience as a teacher and practitioner along hygienic lines," says a Calif. physician. "I have never found a food to compare with Grape-Nuts for the benefit of the general health of all classes of people."

"I have recommended Grape-Nuts for a number of years and every year's experience makes me more enthusiastic regarding its use. I make it a rule to always recommend Grape-Nuts when giving my patients instructions as to diet, for I know Grape-Nuts can be digested by anyone."

"As for myself, when engaged in much mental work my diet twice a day consists of Grape-Nuts and rich cream. I find it just the thing to build up and keep the brain in good working order."

"In addition, Grape-Nuts always keeps the digestive organs in a perfect, healthy tone." Name given by Postum Co., Battle Creek, Mich.

Strong endorsements like the above from physicians all over the country have stamped Grape-Nuts the most scientific food in the world.



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