

ANNUAL MEETING OF V. N. A. BOARD

Mrs. Corydon M. Rich Was Re-elected President of Association for the Coming Year.

REPORT OF WORK DONE

Activity of Past Year is Outlined by Officers Who Made Their Reports Today.

The welfare, the happiness, the energy and spirit of the men and women who do the daily work in our mines and factories, on our railroads, in our offices and ports of trade, on our farms and on the sea, is the underlying necessity of all prosperity.

WOODROW WILSON.

The Visiting Nurse association held its annual meeting this morning in the Y. W. C. A. building for the election of officers and directors and for reviewing annual reports.

President—Mrs. C. M. Rich. First vice president—Miss Nettie Younker. Second vice president—Mrs. Eugene S. Baker.

Treasurer—Miss Elsie Buck. The terms of the following directors having expired in January, 1916, they were unanimously elected to succeed themselves: Mrs. C. M. Rich, Mrs. E. S. Baker, Mrs. Harry J. Reeves, Mrs. Joseph J. Ayres, Miss Younker.

The other directors of the association are: Miss Elsie Buck, Miss Laura Alton, Miss Agnes Trimble, Mrs. J. P. Coyle, Mrs. R. M. Lapsley whose terms expire in 1917, Miss Mary Irwin, Mrs. C. R. Joy, Mrs. D. A. Collier, Mrs. W. N. Sage and Mrs. B. B. Hobbs whose terms expire in 1918.

Miss Brown and Miss Alexander were re-elected as nurses, with a salary increase of \$5 per month.

The President's Report. Mrs. C. M. Rich gave the president's report as follows:

Your president for the year closing begs leave to submit the following report:

It seems scarcely possible that three years have passed since the organization of the V. N. A. on New Year's day, 1913. Our first meeting was an enthusiastic one; we had much to learn, but we knew from the beginning that systematic public health work would mean a great deal for the welfare and health of the city.

We have followed in our public health nursing the following lines: District nursing, child welfare work, factory nursing and work for the cure and prevention of tuberculosis.

At the beginning of this year our association furnished the school nurse from our staff of nurses. Two nurses gave the morning five days in the week to the schools and did the follow-up work in the afternoons. This work was under our jurisdiction until June, 1915, at which time the school nurse thought best to employ their own nurse.

The district work has taken our nurses into hundreds of homes of the

The Boy is Father to the Man

Old sayings like this are fraught with the most important meaning. And what will aid the expectant mother in conserving her health, her strength, her mental poise, and her peace of mind?

SCROFULA AND ALL HUMORS GIVE WAY

There are many things learned from experience and observation that the older generation should impress upon the younger. Among these is the fact that scrofula and other humors are most successfully treated with Hood's Sarsaparilla.

city where they have the confidence of the family. She comes to the home in her nurses' uniform, performs many personal duties for them, makes the patient comfortable and the surroundings hygienic.

In our child welfare work we have had remarkable results. Statistics show that nearly fifty percent of the deaths in Keokuk in the last twenty years have been children under five years of age.

Tuberculosis Work. As has been repeated again and again, tuberculosis has cost our city in both lives and dollars and we are doing all in our power in the way of prevention and stamping out this dreadful disease.

Infant Welfare Work. The following report was made by Miss Maude Brown, who has special supervision of the infant welfare department:

With the close of the year of 1915, we feel that much has been accomplished in our baby welfare work.

Many Calls and Meetings. Twenty-six calls have been made to furnish material relief. We have also made eighty-two pre-natal calls.

Report of Secretary. The secretary, Mrs. J. P. Coyle, submitted the following report:

Mrs. KERN'S ADVICE To Weak, Nervous, Run-down Women. So, Cumberland, Md.—"For a long time I suffered from a nervous breakdown. I could not eat or sleep and was so weak I could hardly walk.

Balance on hand Jan. 1, 1915 \$212.39 Metropolitan Life Ins. Co. 348.00 Cash 15.78 Patients 127.50 School board 250.43 Membership 1075.50 Pledges 14.29 Receipts from lecture show 14.29 Receipts from Valentine party 18.35

DISBURSEMENTS. Miss Johnson's salary, 7 mos. \$569.00 Miss Alexander's salary, 12 months 747.50 Mrs. Brown's salary, 12 mos. 140.70 Assistant nursing 45.00 Office expense 16.00 Incidentals, dress, printing, etc. 54.08

Balance on hand Jan. 1, 1916 \$179.42

Report By Miss Alexander. Miss Alexander, who has special charge of the district work, made the following report:

December 31, 1915, closed a busy year for the V. N. A. From January 1 to June 1 there were three nurses employed regularly on the board of education to employ their own education nurse under the name, "Teach-sch-nurse."

During the past year 356 patients were cared for in the district and 2,323 visits were made. Patients were paid for by the Metropolitan Life Insurance Co. 27 paid individually. 41 were paid for by factories or service scale houses, who furnish this service for their employees and families.

At two regular meetings. Three called meetings have been held. Miss Irwin has served as secretary at two meetings, in the absence of the secretary. Five new members have been added to the directorship during the year to fill vacancies and to increase the number of directors.

At the Hippodrome. The youngest star in the world and the oldest actress on the English speaking stage will be seen here at the Hippodrome theatre tomorrow when Barbara Fritchie, a five part feature picture is shown.

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It's Foolish to Suffer

When So Many Keokuk People are Pointing the Way Out.

You may be brave enough to stand backache or headache or dizziness. But, if, in addition urination is disordered, look out! If you don't try to fix your sick kidneys, you may fall into the clutches of dangerous disease before you know it.

Price 50c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Tuttle had. Poster-Milburn Co., Props., Buffalo, N. Y.

Give One Lecture. One public lecture was held during the year on May 13, given by Miss Crandall. On that date Mrs. C. R. Joy gave a very delightful luncheon at the Lakeview club.

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UNITED CHARITIES CONSERVES EFFORT

Giving Under Its Direction is Not Wasteful, Nor is There Duplication of Effort as is Often True.

This is Purpose of Investigation Which is Conducted on Every Case Reported to the Society.

A certain English hospital for mental defectives has one room which is barren of furniture with the exception of a large water cask of which both top and stop cock are wide open.

Would not this test if applied to much of the so called charity, show false methods being used? Would it not reveal the fact that we were very often pouring in at one end that which we allowed to run off helplessly, wastefully at the other?

The United Charities believes that poverty is a far different thing from the crushing destitution which destroys so many families. It believes that in destitution there is nothing normal and that when a family asks relief for the first time every effort should be made to put its members beyond the need of asking again.

When the call comes the first thing to do is to visit the home of the family and if need exists, relieve it from the nearest grocery store or coal bin. Then comes the endeavor to determine the cause of distress.

Investigation is not for the purpose of dividing people into worthy and unworthy, but to find out the real cause of trouble and so furnish a basis upon which to work sympathetically and systematically for the improvement of conditions within the family.

While the diagnosis is being made, every effort possible is used to prevent suffering and when the cause has been determined those remedies and means necessary for its removal and restoration of the sufferer are employed.

The United Charities work is not merely for the families but with them. A plan for rehabilitation must be carefully considered from all points if it is to be successful must include the co-operation of the family itself as well as that of private agencies, city and county departments or individuals and perhaps all of these working together with the same end in view.

Study the following problem in the light of United Charities methods: Mary Brown, a well educated and industrious good looking woman of forty, in early life married a skilled mechanic and became the mother of a happy family of boys and girls.

Her husband died and she was left with a young family to support. She was a good worker and her husband had left her a small sum of money which she had invested in a business which was successful.

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ADVISE CARE IN WHAT YOU TAKE FOR GRIP-COLDS

Grip and Pneumonia Go Hand in Hand--to Avoid Every-Day Dangers

Public warning is given to avoid the danger from poisonous drugs and nerve destroying stimulants contained in many grip and cough cures at this time.

A mistake in directions might be fatal because five doses of some of these preparations often contain enough poison to kill a man. Some of the labels specifically state that the medicine should not be given to children.

It is just fine. Don't stay stuffed-up with a cold or nasty catarrh.

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FORGERIES FOLLOW MAN IN PRISON

Joe Blake Who is Considered Unusually Stillwater.

There are many clever forgers in the profession today but Joe Blake, who confided his business to passing bogus drafts on express companies, has them all bested according to P. W. Hall, secretary of the Iowa Bankers' association.

Blake was arrested at St. Joseph, Mo., in October. He had \$1,100 in currency.

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HEAD STUFFED FROM CATARRH OR A COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely.

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First dose of "Pape's Cold Compound" relieves all grippe misery.

Don't stay stuffed-up! Quit blowing and sniffing! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken will end grippe misery and break up a severe cold either in the head, chest, body or limbs.

"Pape's Cold Compound" is the quickest, surest relief known and costs only 25 cents at drug stores. It acts without assistance, tastes nice, and causes no inconvenience. Don't accept a substitute.

There are only two speaking parts in the pageant. On March 3 will be celebrated the fiftieth birthday of the association's work in America.

Other pioneer associations bearing the name of Women's Christian associations were organized in Hartford, Conn., Providence, R. I., Pittsburgh and Allegheny, Pa. in 1867, Cincinnati, Cleveland and St. Louis followed in 1868 by forming similar societies.

Similar associations were formed in St. Joseph, Mo.; Scranton, Pa.; Kansas City, Mo.; Minneapolis, Minn., and Toledo, Ohio. All city associations emphasized religious meetings and Bible instructions and as early as 1872 the New York City Y. W. C. A. commenced a Bible class which shortly developed an average attendance of 600.

Employment agencies have always been an important part of association work. In 1872 Hartford, Conn., erected the first building for this purpose. The first association summer home was built at Asbury Park, by the Philadelphia association in 1874.

In 1891, Kansas City, Mo., opened the first self serving lunch room, now known as the cafeteria.

In 1866 a convention was held at Lake Geneva and the National Young Women's Christian association, which later became the American committee with headquarters at Chicago, was formed.

Mason City Times: The Fort Dodge Chronicle still has ambitions that a republican will rise up to defeat Frank Woods for congress. Why not drop the Chronicle editor's hat in the ring? An announcement might be made as Paul's first letter to the Websterians.

A Proper Precaution. In making arrangements at the coliseum for the republican convention a guard should be posted to prevent anyone wheeling in and hiding away a steam roller.

HEAD STUFFED FROM CATARRH OR A COLD. Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely.

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Black Silk Stove Polish. Does Not Rub Off, Lasts 4 Times as Long as Others, Saves Work. Get a Can Today.