

Makes Nerves Tingle With New Vitality

Kellogg's Sanitone Wafers Fill Your Mind With Joy and Cheerfulness and Vitalize New Vim and Vigor Into Your Body.

50 CENT BOX FREE.

Get nerves like steel; be clear-brained strong and vigorous. Kellogg's Sanitone Wafers invigorate and vitalize the body nothing else. If you are nerve-racked, weary and peevish, and your food does not give you the "real vim" this is the way to think you're a "real one."



Kellogg's Sanitone Wafers Make You Act Like a Boy. You Feel Just Like Jumping Over a Fence.

Marvelous and dependable remedy will give you a new lease on life. Kellogg's Sanitone Wafers are something new and different from any other remedies. They make old folks feel young and ambitious, and are good for both men and women. If you are over-worked, run down and careworn—have no spunk for anything at all, these amazing little wafers will thrill you with the health and vim that bring the real joy of living.

Send coupon below today for a free 50c trial box of Kellogg's Sanitone Wafers.

The regular \$1.00 size of Kellogg's Sanitone Wafers is for sale in Keokuk at Wilkinson & Co., 422 Main St., McGrath Bros., 500 Main St.

FREE 50c BOX COUPON

F. J. Kellogg Co., 2943 Hoffman Block, Battle Creek, Mich.

Send me by return mail, a 50 cent trial box of the wonderful discovery for nerves, Kellogg's Sanitone Wafers. I enclose 6 cents in stamps to help pay postage and packing.

Name \_\_\_\_\_ Street \_\_\_\_\_ R. F. D. \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone its cleansing, sweetening and refreshing effect upon the system.

Hope of the Resurrection.

Freemant Tribune: The miracle of the coming of spring, of the walking into new life of everything in nature, is the perennial proof that renews the hope of the human heart for a bright and joyous life hereafter, when we and our loved and lost will have the ecstatic joy of recognition and reunion. The sweet symphony of bird songs, the ravishing beauty of the resurrected flowers and foliage are allegorical argument that gives comfort to the heart and hope that death is not the end of life.

Y. M. C. A. LEASES BASEBALL PARK

Will be Known as the Association Athletic Park and Will be Used For a Variety of Purposes.

TO ORGANIZE LEAGUES

Baseball to be One of the Chief Sports to be Fostered—Twilight League to be Formed.

The Y. M. C. A. has leased the league baseball park for the coming season and proposes to use it as a free playground for the promotion of clean amateur sports and directed play. The park will be known as the Y. M. C. A. athletic park and a program consisting of athletic meets, baseball games and directed play has been mapped out, extending into the late fall, which will make the park the center of the recreational life in the city. No membership fees will be charged and at all times when the field is open for activities there will be an official of the Y. M. C. A. in charge. Special plans are being made to direct the play life of the school boys during the summer vacation and there will be a series of baseball, basketball and volleyball leagues, athletic meets, kite flying contests, etc., to hold their interest. Most of the activities for boys will be conducted in the morning and forepart of the afternoon while the late afternoon and evenings will be reserved for the young business men and older boys. No athletics will be permitted on Sundays and gentlemanly conduct will be required at all times. All contestants in baseball and other athletic events must agree to maintain strict amateur athletic standing throughout the season. To maintain amateur standing means that a contestant will not be permitted to accept a compensation, money or other rewards for services rendered as a baseball player or paid competitor in any form of athletics.

A city commercial baseball league also will be organized. It is hoped that all the first class baseball players in the city will sign up in this league and that the games played will be fast enough to receive the support of the baseball fans. These games will be played on Saturday afternoons and a nominal admission fee will be charged. The teams in this league will probably be representative of the business houses in the city and, so far, the following houses have expressed an interest in placing a team in this league: S. Hamill Co., Kellogg-Birge Co., Irwin-Phillips Co., Keokuk Electric Co., Hunkamp Bros. Co., and Mississippi River Power Co. In all probabilities two other teams will enter this league making an eight team league. The Hawkeye Button factory or West Keokuk teams are expected to enter.

The twilight league, representative of the churches in the city and organized chiefly for the young men who are not signed up in the commercial league, will be arranged. Games will be played in the evening as soon as possible after business hours. High school and grade school leagues will be organized for all school boys.

The Mexican Expedition. New York Times: The sole purpose of our expedition has been set forth in a manner which makes it perfectly comprehensible to the people of both countries. We are merely performing a duty, the accomplishment of which will relieve our border of a temporary menace, but will be a bare chance now that the soldiers of Carranza, spurred on to quick action by our preparations to pursue Villa, may run the murderous outlaw down before our troops reach him. There could be no more fortunate outcome of the situation, but Villa belongs to the north, and most of Carranza's men are from other parts of the country. We are not privileged to hope that this crafty outlaw, who can run as well as he can fight, will speedily be caught either by American troops or his fellow countrymen, who have a stronger reason for desiring his suppression.

Asking for Information? Who Louisville Courier-Journal: Who proofreaders read the Commoner?

ECONOMY IS KEYNOTE OF COURSE

MISS ELLIS MAKES CAKE MEN LIKE TODAY

Will Make and Serve Bread, Pies and Salads Tomorrow.

PROGRAM FOR FRIDAY AFTERNOON

SUBJECT: "A Perfect Food." MENU: Bread Cloverleaf and Shamrock Rolls Orange Pie Plain Pastry Salad Russian Dressing



In all of her lectures and cookery lessons here, Miss Ellis is emphasizing the need for economy and condemning extravagant methods in the buying of food. This matter is being taken up by her in a definite and detailed manner this afternoon in her talk on "Making the Appetite Fit the Purse." It is also being exemplified in the dishes she is preparing. She is making salmon croquettes that are attractive in appearance, delicious to taste and full of nutriment, yet cost very little. To vary these and make them something quite different from the ordinary salmon croquettes, she shows how to make a mock Hollandaise sauce. Such plain everyday dishes as potatoes are included in Miss Ellis' practical cookery program and this afternoon she is showing how to fry delicious saratoga chips. She says nothing is more fun than making doughnuts, unless it is frying Saratoga chips. Yesterday, after a deeply interesting talk on "Food News and Legislation," in which Miss Ellis told much that had been accomplished along pure food lines by lawmakers of the country, and urged the housewives to assist in this work by keeping themselves informed, she proceeded to give one of the most interesting cookery lessons of the entire week. She fried timbales and rosettes and showed how to use them in connection with the serving of the delicious chicken in cream sauce which she had prepared. These timbale cases were very inexpensive patty cases and when the creamed chicken had been put into them and a tiny bit of chicken added, they were most appetizing in appearance. Miss Ellis gave suggestions for parties and other special occasions, when these would be appropriate. She told how to make red hearts by outlining the heart shaped timbale molds with pimentoes. Miss Ellis is giving another cake baking lesson this afternoon, showing how to make a cake that she says the men always like. It is a marshmallow roll with marshmallow icing and looks particularly tempting. Miss Ellis guarantees it tastes as well as it looks and women who are attending her class this afternoon are being afforded an opportunity of finding out whether or not this is true.

Men may not always like all kinds of cake, but they do like pie and therefore women are always interested in pastry making. Tomorrow afternoon Miss Ellis will make and serve orange pie. A salad with an interesting salad dressing decidedly out of the ordinary and yet not difficult nor expensive, is part of tomorrow's cookery demonstration. The subject to which Miss Ellis will give most attention tomorrow will be the making of bread. She will talk about bread, telling whether or not it is a perfect food, giving reasons for her ideas in this connection. She will tell women how to make their bread and how to bake it.

down before our troops reach him. There could be no more fortunate outcome of the situation, but Villa belongs to the north, and most of Carranza's men are from other parts of the country. We are not privileged to hope that this crafty outlaw, who can run as well as he can fight, will speedily be caught either by American troops or his fellow countrymen, who have a stronger reason for desiring his suppression.

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PAVING IMPORTANT IN SANITARY CONQUEST OF CANAL ZONE



LAYING BRICK STREET IN CITY OF PANAMA

Panama and Colon now have modern pavements on every important thoroughfare, laid by United States engineers. The question of material gave some concern, as the surface must withstand extremes of temperature and must never be soft enough to permit the adhesion of filth. Sanitary conditions must, above everything else, be maintained. Choice in most cases fell upon vitrified brick, laid on a concrete base with a cement grout filler. An entirely new view of the potentialities of the tropics has been afforded by the success of Surgeon General William C. Gorgas in making Panama a healthy place to live. There is no reason, he says, why the Congo and Amazon valleys must remain comparatively unused by civilized men. It is a simple matter of money and energy to make both of these trackless regions perfectly safe for human habitation and the results would immensely more than repay the outlay. From these two regions, says Dr. Gorgas, more foodstuff could be secured than is now produced in the entire world and with less effort.

One of the Examples of the Hundred Thousand Bargains of Duncan-Schell 28th Annual March Sale. Our Bargain Event of the Year.

\$13.50 DRESS FORMS MARCH SALE PRICE \$10.87



Special Demonstration of "THE TRUE FIT"

A 16 SECTION ADJUSTABLE DRESS MAKING FORM

A Continuous Source of Economy and Better Clothes

New Features that solve Every Problem from Fitting in the Sleeves to the Correct Hanging of the Skirt.

Amazingly Simple and Easy to Adjust to Your Exact Measurements

PRICE BROS. WALL PAPER WHOLESALE AND RETAIL MARCH SALE

During our March Sale we will offer all wall paper at 33 1-3 off. Regular \$1.00 wall papers now selling at 65c. Regular 70 cent wall papers now selling at 45c. Regular 50 cent wall papers now selling at 32c. Regular 40 cent wall papers now selling at 28c. Regular 20 cent wall papers now selling at 19c. Regular 15 cent wall papers now selling at 10c. Regular 10 cent wall papers now selling at 6c. Regular 6 cent wall papers now selling at 4c.

PRICE BROS. 415 Main Street Phone 691

RESOLUTION OF NECESSITY. Official Form No. 10. BE IT RESOLVED, by the Board of Supervisors of Lee County, Iowa, that it is deemed advisable and necessary to construct the following described bridges and culverts: Date—March 20, 1916.

Table with columns: Bridge No., Description of Location, Material, Length, Area, Estimated Cost. Includes entries for Washington, Jefferson, Harrison, etc.

BE IT FURTHER RESOLVED, that the Board of Supervisors will meet at 10 o'clock A. M. on the 3rd day of April, 1916, at the office of the Board of Supervisors in the Lee County Court House at Fort Madison, Iowa, for the purpose of considering objections to said proposed resolution, and that notice of said proposed resolution and of the passage of this resolution be published as provided by law. That the Board of Supervisors will meet at 10 o'clock A. M. on the 3rd day of April, A. D. 1916, at the Court House in Fort Madison, when it will hear protests, if any, against the construction of said bridges and culverts. I. A. P. Meyer, County Auditor, hereby certify that the foregoing Resolution of Necessity was adopted by the Board of Supervisors of Lee County, on the 20th day of March, A. D. 1916. A. P. MEYER, County Auditor, Lee County, Iowa.

Woes of English Married Men.

New York Times: The government carried its motion in the house of commons for adjournment until Tuesday by only six votes. The closeness of the division was due to the various opponents who seem to be almost as eager to overthrow Mr. Asquith as to defeat Germany, and, in a greater degree, apparently, of the grievances of the married men, whose eagerness not to serve their country, while so many single men escape, is marked. The married men who enrolled under Lord Derby's plan grumble also at their more prudent married brethren who stuck to civil life. The married men want somebody else to be called first. Everybody, as the ancient wisdom of Artemus Ward put it, is ready to sacrifice all his first wife's relations. No doubt there are inequalities, exemp-

tions in the so called "reserved occupations," and plenty of shirking and hanging back. The best men have presumably gone already, the men who didn't have to be coaxed or threatened. The best way to settle the trouble would seem to be to extend the military age, make conscription apply to the married as well as single men, force the malingers into the ranks. Of the patriotism of people who sulk and whimper and try to skulk out of their duty to the nation because somebody else has succeeded in skulking out of it, the less said the better.

The Estabrook Candidacy. Lincoln Journal: Henry D. Estabrook undertook a rather expensive advertising campaign in Minnesota, and yet the majority in favor of Senator Cummins is running at about eight to one. The candidacy of the former Nebraskan is looked upon in some quarters as an impertinence because of his corporation affiliations. The returns from the first primary where he has filed indicate that it is rather a joke.

CONSTIPATION and West Baden Sprudel Water cannot exist in the same body one hour. At your druggist—small bottles, 15c; large bottles, 35c. WEST BADEN SPRUDEL WATER 100% LAXATIVE