

Red Stamp Opening

A Source of Wonder and Amusement to All.

Saturday night and today witnessed the opening of the New Method Red Trading Stamp Premium Room on the second floor of Phillips' Big Store. From the advertisements in which the premiums were quoted as being of double the value of those offered by any other stamp concern, the public naturally expected premiums of more than ordinary merit and were agreeably surprised to find that no exaggeration had been made, in fact the premiums offered for one book are three times as costly as those offered by other stamp concerns, for one book. Another thing—if your purchase only amounts to enough to fill half a book, you get fully as good and in most cases a better premium than in which others give with a whole book. Again, if our premiums do not satisfy you, you can select any kind of merchandise, including muslins, calicoes, etc. You do not have to take something selected for you by some one else who does not know your needs. Our premiums are selected with unusual care and consist of sewing machines, china closets, library tables, center tables, rockers, collapsible go-carts, electric gas or oil lamps, Roger's silverware, genuine cut glass, hand painted china, jardiniere, portiers, suit cases and clocks, but best of all is the fact that nothing is added to the price of our goods to pay for the premium. It's the one exceptional case of something for nothing, and that something exceptionally good. A comparison of prices and values will convince the most skeptical that our prices are lower on the same quality of goods than any store in the city. The fact of the large and steady increase of our business is too well known to question the necessity of premiums. We are simply fighting fire with fire and are doing our best to eliminate trading stamps by offering double inducements. We will admit we cannot afford on the close margin we sell, to give the expensive premiums we are offering, but we believe if a customer has her choice of a \$2.50 premium at another store or a \$5.50 one at our store with the added attraction of a better selection and lower prices, she will come to us and get the \$5.50 premium.

PHILLIPS' BIG STORE CO.
P. S.—Special sale of ladies' and misses' spring jackets and long coats tomorrow.

Souvenir Plate Free Saturday Only

This 1916 Calendar Souvenir Plate would look well in any home and is a Premium worth having.
Free with 2 lbs. of our Coffee or 1 lb. of Tea which is a 50c purchase.

BENNER TEA CO.

109 So. Court St. Both Phones.

OLIVET.
A. J. Rogers spent Sunday in Des Moines with his uncle W. B. Rogers.
R. Williams spent Friday in Oskaloosa on business.
Mrs. William Druse returned home on Monday from an extended visit with relatives and friends in Des Moines.
Arch Morgan was appointed postmaster at this place, made vacant by the death of J. L. Billings.

CANDIDATES FOR CHIEF OFFICES

SECRETARY OF STATE RECEIVED MANY PETITIONS YESTERDAY; TODAY THE LAST.

Des Moines, April 27.—Candidates hoping to get their names on the primary ballot will have to file their nomination papers today with the secretary of state. This is the last day considered safe for filing. It is possible that nomination papers offered tomorrow will be accepted, but all papers thus filed may be thrown out if a ruling should come from the attorney general that today is the last day for filing.

Many papers were filed by candidates yesterday, so many that the office was swamped with the petitions. With yesterday's filings practically all the candidates for state office have filed. Democrats and Republicans alike and in only one or two congressional districts are candidates still out. Charles W. Grik, Republican candidate in the second district, has not filed, and the Democrats have filed papers for no candidate in either the tenth or eleventh districts.

There are some few counties still to be heard from as to state senators and representatives, but only two or three.

A complete list of all candidates who have filed and whose names will be on the primary ballot, is as follows:

- For Governor.**
B. F. Carroll, Bloomfield (R); Warren Garst, Coon Rapids (R); Claude Porter, Centerville (D); E. G. Moon, Ottumwa (D); S. H. Bashor, Waterloo (D).
- For Lieutenant Governor.**
George W. Clarke, Adel (R); Parley Sheldon, Ames (D).
- For Secretary of State.**
W. C. Hayward, Davenport (R); A. J. Anders, Osceola (D).
- For Auditor of State.**
John L. Bleakly, Ida Grove (R); John W. Blake, Atlantic (D).
- For Treasurer of State.**
W. W. Morrow, Alton (R); James V. Curran, Ottumwa (D).
- For Attorney General.**
George Coason, Audubon (R); William T. Chantland, Fort Dodge (R); Guy A. Feely, Waterloo (R); Charles H. Amos, Knoxville (D).
- For Superintendent of Public Instruction.**
Adam Pickett, Creston (R); F. E. Lark, Onawa (R); John F. Riggs, Sigourney (R); A. M. Deyoe, Garner (R); D. E. Brainerd, Logan (R).
- For Clerk of Supreme Court.**
Thomas H. Grubb, Columbus Junction (R); H. L. Bousquet, Knoxville (R); Burgess, W. Garrett (R); Leon; Robert Boekirk, Marengo (D).
- For Reporter Supreme Court.**
Wendell W. Cornwall, Spencer (R); Merton L. Feron, Iowa City (R); Geo. Harnage, Des Moines (D).
- For Railway Commissioner.**
Clifford W. Thorne, Washington (R); James H. Wilson, Menlo (R); David J. Palmer, Washington (R); Ed Sitz, Peterson (R); Earl R. Ferguson, Shenandoah (R); Nixon P. Jones, Des Moines (D).

The farmers in this vicinity are doing lots of tilling this spring. One farmer has spent \$700 putting in tilling.
John Nassman, west of town sold 150 acres of land last week for \$80 per acre. This land was bought a few years ago for \$20 per acre, being timber land.

Mrs. John Rogers spent Monday in Oskaloosa shopping.
Mrs. J. L. Billings spent Monday in Oskaloosa looking after the pension of her deceased husband.

J. A. Anderson of Des Moines was in town Monday on business.
Miss Maude Nessonman returned home Saturday from an extended visit with her grandmother Mrs. Susan Davis of Valley Junction.

There was a good attendance at the practice game yesterday. About 300 present. The good work should be kept up as the Ottumwa club needs the coin to pay training expenses.

Home Course In Domestic Science

XVII.—Suggestions on Home Nursing.

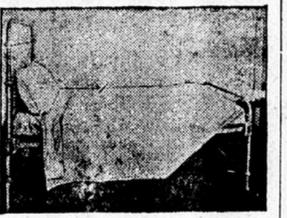
By EDITH G. CHARLTON, In Charge of Domestic Economy, Iowa State College.

Copyright, 1916, by American Press Association.

To have good health is the birth-right of every individual. Sometimes this gift has been denied, and there is an inherited tendency to disease. But even when this is the case good health may still be attained and, having been attained, may be kept if the path of wisdom is followed. To be free from disease, to be a normal individual, lies more often within our own power than many people suppose. A simple prescription which will help the person who already has good health to retain it and will also do much in gaining it for the individual not so blessed, if it is faithfully followed, is this:

Nourishing food in right amount. Sufficient fresh air and exercise. A fair share of work and a fair amount of recreation.

Eight hours' sleep out of each twenty-four. A cheerful mind free from worry. A few moments' thought will show the intelligent person that each one of these rules is essential to good



IN THE SICKROOM.

health, and not one of them can be safely omitted if it is to be retained. However, in spite of wisdom and care or possibly because of a lapse and neglect of one or more of the above rules, sickness does come into the home. It is the result of some transgression of nature's laws and brings its attending anxiety and care. What to do when some member of the family is ill is often a puzzling question. It is not always possible or necessary to have a professional nurse, and yet it is necessary that the patient should have good care in order that there may be a speedy and thorough recovery.

Perhaps it were well if the first direction given in times of sickness should be, "Use common sense and practice rational methods," and yet sometimes there is so little real understanding of the body that one's interpretation of rational methods and common sense is far from right. It is not the intention in this article to give technical instruction in nursing in any sense. Merely an attempt will be made to point out some of the little things which should be done and observed in any house where there is sickness. These little things, trifles though they may seem, may be the very points which hasten or retard the patient's recovery.

Arrangement of the Sickroom.

Unless the illness be of an infectious nature, so that the patient must be isolated from the rest of the family, his own room will be most satisfactory to him. But when a choice of rooms can be made select one that is cheerful and with as little unnecessary furnishing as possible. Restful for the patient will be if the wall paper is quiet in design and color. Such should be the decoration of a bedroom at any time, but it is doubly necessary in time of sickness. Conspicuous wall paper and bright colors are exceedingly irritating to weak nerves. A room without a carpet is best, in health as well as sickness, but in ordinary attacks of illness it is wiser not to disturb the ordinary appearance of the room, as it might have a depressing effect on the patient. But during fevers and severe surgical cases there should be no carpet or draperies to hold and breed disease germs.

Making the Patient's Bed.

About the first thing to be considered is the bed. It should have a good, firm mattress, not too soft, with a blanket or pad under the lower sheet. The bedding should be light and warm, first the cotton sheets, then a blanket or two, as the case may require, and over this another sheet or dimity spread. The ordinary white counterpane does not add materially to the warmth and is too heavy for comfort. The pillows should be ample in number and varying in size. There should be small ones to tuck under the shoulders, between the knees or for a rest to the back when the patient becomes weary of his position. There should be one or two larger ones to serve as supports when the patient sits up during convalescence. To make the patient's bed properly three sheets are required, besides the blankets, pillows and spread; also in case of severe illness a piece of rubber sheeting three-quarters of a yard wide will be needed under the draw sheet. It requires considerable skill to arrange a bed for a sick per-

son so that it will be thoroughly comfortable and free from wrinkles. Begin operations by drawing the under sheet very smoothly over the pad and tucking it in well under the mattress. Pin it at each corner with a strong safety pin if the patient is heavy or inclined to be restless. Over the under sheet and across the middle of the bed lay the draw sheet, which may be a full sized sheet, folded in half, or a smaller one, covering about three-quarters of a yard, in the center. If a rubber is used it should be put on under the draw sheet, firmly pinned to the mattress on both sides. The latter is particularly useful, because it keeps the under sheet clean for a longer time and may be changed without disturbing the patient to any extent.

In putting on the upper sheet leave a good margin turned over at top to cover the blanket. Tuck both sheet and blanket in well at the foot so the patient may turn comfortably without disarranging the covers. Pillows should be fitted smoothly into cases large enough for them or they will be uncomfortable. Three points to observe about the sickbed are perfect cleanliness, no crumbs and no wrinkles.

Care of the Room.

It is hardly necessary to say that the sickroom should be kept absolutely clean, and yet it is not unusual to find decided signs of disorder about it. Soiled towels and linen are seen, empty cups and dirty dishes are often left on the table for hours after they have been used, and there is a general air of disorderliness that is not only against all rules of sanitation, but annoying to the patient as well. Anything used about the patient—clothing, bedding and dishes—should be removed from the room at once and disinfected if there is the slightest infection about the disease. This is imperative for the health of other members of the family. Even when there is no infection common decency demands this attention to the patient.

The air of the sickroom should be kept pure at all times. It is almost always possible to have the window lowered at the top and raised a little at the bottom to allow the escape of impure and the entrance of pure air. If the bed is so near the window that there is danger of a direct draft on the patient, place a screen in front of it or, better still, open the window and fit a frame two or three inches wide and covered with coarse flannel into the space. This will permit the fresh air to enter and will also absorb any moisture.

Do not forget the importance of sunlight in the sickroom. Not only is it cheering to the patient, but sunlight and fresh air are two great germ destroyers. After the room has been dusted by having the floor and all the woodwork wiped with a damp cloth the patient should be covered with an extra blanket and the windows and doors opened to admit a free circulation of air for a few minutes. An open grate fire is also an excellent method of keeping the air pure.

Giving a Sponge Bath in Bed.

Before giving the bath all arrangements should be made for it and everything needed in the process should be near at hand. The room should be warm, and during the bath it will be well to keep the windows closed. If the patient is weak or likely to take cold have a hot water bag filled ready to apply to the feet.

The necessary articles for the bath will include a basin of hot water, a pitcher containing hot water, two wash cloths, a bath towel and one or two soft towels for hands and face, some good soap and a bottle of alcohol. When quite ready remove the patient's nightgown and wrap him in blankets. This is done without removing the bedding, which the blanket is intended to protect. The face is bathed first, then the neck, arms, chest and abdomen. Each part is to be wiped thoroughly and rubbed briskly as it is washed. Be careful not to allow any water to dry without wiping, as this may cause a chill. Turn the patient on one side to bathe the back and finish with the legs and feet. Do not uncover the body more than is necessary to wash each part and in drying and rubbing arms and legs always use an upward stroke. Change the water two or three times during the bath. After the bath rub the body with alcohol, clean the nails and brush the hair. Do not neglect the patient's teeth. These should be brushed at least twice a day, particularly at night. The patient will do this for himself if able to sit up. If not it must be done for him, as in sickness the teeth are much more liable to decay than in health.

Changing the Sheets.

When the patient is strong enough the sheets on the bed may be changed after the bath. This can be easily managed after a little practice. The fresh sheets should be well aired and warmed. The under one is changed first. Turn the patient on one side away from you and roll the soiled sheet tightly close to the patient. Lay the clean sheet on the side of the bed near you and tuck it in at the side. The other side of the sheet is folded closely beside the soiled one at the patient's back. Go around to the other side of the bed, turn the patient back on the opposite side and gently pull out the soiled sheet from underneath. Then draw out the folds of the clean one and tuck it in well at the side and end. Pull the sheet firmly until it is straight and make sure there are no wrinkles under the patient to cause bed sores. To change the upper sheet loosen all the bedding, put the clean sheet and blanket on top and then with one hand hold the clean sheet and blanket and with the other slip down the soiled clothing underneath. Draw it out at the foot, then tuck in the fresh bedding.

We pay Railroad Fare According to the Rules of the Retail Merchants' Association.

We Are Agents for The Duntley Pneumatic Vacuum House Cleaning Machine

Ottumwa's Biggest, Best and Busiest Store

Donelans

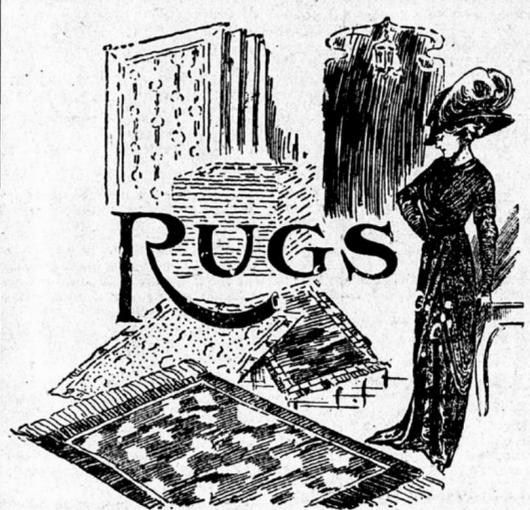
ST. LOUIS STORE

New York Office, 45 E. 17th St.

We Are Agents for McCall's Patterns, the best in the land.

Good News For Rug Buyers

The Second Shipment of our Big Purchase of Room Size Rugs just in and will be placed on Sale TOMORROW at VERY ATTRACTIVE PRICES.



We were fortunate in securing this lot of beautiful Rugs at a Sacrifice and while they last we offer you savings ranging from \$1.75 to \$4.50 on each Rug.

Look Here Before You Buy...

Splendid new \$15.00 grade 9x12 feet Seamless Brussels Rugs in a good assortment of handsome Oriental, Conventional and Floral designs and the most desirable color combinations,

\$13.25

Another fine lot of those handsome \$16.50 heavy weight Seamless Brussels Rugs, including a great many new designs, only one and two of a kind, an exceptional bargain at 14.85

\$29.00 grade elegant Body Brussels Rugs, guaranteed full standard quality, most durable and best colors of any rug made excepting only Royal Wiltons—Just 15 Rugs in this offering—While they last 26.45

Unusual Values in Beautiful New Axminster, Colonial, Velvet, Body Brussels and Royal Wilton Rugs, Ranging in price from \$19.50 up to \$35.

The line of Rugs offered at special prices this week includes many odd as well as regular sizes. We can safely promise a style to please every customer

Special Offering of New Ingrain Carpets

A score of choice patterns in our 75c grade strictly All Wool Heavy Ingrain Carpets, thoroughly scoured yarns and rich fast colorings. The price for this sale is only a yard..... 62c

Lace Curtains

A tempting offering of pretty new \$1.50 Notting-ham Curtains, both Ecru and White, in a big assortment of choice styles, both plain and fancy centers, full sizes, a pair..... 1.19

Carpet Sweepers

We have a new Sweeper which embraces several new features which makes it superior to any one heretofore on the market. A demonstration will convince you that it is the easiest running, most desirable and most effective Carpet Sweeper you have ever seen, and the price is only..... \$1.95

BLACK HAWK.
Rev. Dan Hastings of Floris closed his regular appointment at Pleasant Mt. Church at 10 o'clock Sunday night. Mrs. Frank Bean visited one day last week with relatives at Bunch. Messrs. Chas. Brown and Miner Barnes were business visitors at Unionville Saturday. Lester Coop was a Bunch caller on Saturday. The spring term of school began here Monday with Miss Belle Elder as teacher. Mr. and Mrs. A. Hershfield of Union attended church at Pleasant Hill Sunday night. Miss Inez and Essie Benge visited one day last week with Miss Jessie Brown. Miss Lena McConnell has been spending a few days with Mrs. Anna Wright. Miss Ellen Martz is working for Mrs. Jessie Hunt. Miss Birdie Bean is spending a few days with Mrs. Lora Ordien. Alfred Robb has been employed by Miner Barnes. Mrs. Samuel Martz was an Ottumwa visitor last week. Everett Stufflebean and Eli Hopkins of Bunch were callers here on Sunday. Mr. and Mrs. Johnnie Smith were Bunch callers recently.

MARS HILL.
Dr. and Mrs. S. C. Fitzgerald have moved to Ottumwa. Mrs. Will Shank is visiting her mother for a few days after which she expects to take treatment at the Ottumwa hospital. George Deiters was a Floris caller last Thursday. Mr. and Mrs. Ross Turner attended the Carry-Courtney wedding. Marsena Mowery of Washington visited over Sunday with his mother, Mrs. Sadie E. Mowery.

Our Watch Selling Methods

When you buy a Watch of us, you know exactly what you are getting. We enjoy going with you into the details of its making and material—in other words, telling and showing you its strength and its weakness. We positively want our customers to be fully satisfied with any Watch purchased, as a pleased customer is worth a good deal to us.

Watches of Every Desirable Style for Your Selection.

R. S. FIELD

109 WEST MAIN ST.

The Piano With A Standing

THE ADAM SCHAFF PIANO IS RECOGNIZED BY LEADING MUSICIANS AS A PIANO OF TONE, TOUCH, DURABILITY.

WE WANT YOU TO SEE THEM.

J. H. RHEEM

109 West Main St.

The Want Columns are Business Getters

If you like a **LCLUETT** City and Country Shirt, take it on its appearance. The label guarantees everything else.

\$1.50 and more

Now is the time to get first choice and the best time of all to select your Spring and Summer Shirts. See our east window for the latest.

Doty Clothing Co.,

209-211 East Main Street. Jerry Shea, Manager.