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Seek the company of those who stimulate you to continue in your chosen life work and give you added strength. Avoid as you would poison those who leave in you a sense of emptiness and debility.—Ernest von Feuchtersleben.

TODAY'S BIT OF VERSE

IN A TROLLEY CAR.

I saw Democracy today;
A laborer, begrimed with clay,
Stepped aboard a trolley car.
Humble, meek, yet no less czar
Than earth's most exalted ear.
He looked about him for a seat;
He longed to rest his heavy feet.
But every seat was taken, while
Men and women filled the aisle.
Pausing, he reached and caught a strap,
Pushed down his dirty working cap
A little tighter, closed his eyes,
And sighed as only a tired man sighs.
In front of him a lady sat;
He noted her expensive hat,
Her tailored gown, her stylish shoes—
And wondered just how few months' dues
The Union would forego if he
Were to buy the same for his wife, Marie.
Suddenly she raised her head,
Saw the look in his eyes of lead,
The lines of care on his kindly face . . .
And rose and offered him her place.
"Ah, no!" he blushed, ashamed, "No! be!
Missus too much nice for me!"
He turned away, but she clutched his arm,
And eyes met eyes that were moist and warm;
"Really, I mean it! Please, for me!"
Smiling upon him fondly,
She forced him down where she had sat.
Half dazed, he lifted off his hat:
"God thank you, lady!" With his whole
Big heart he said it, with his soul.
And she went home with a heart so light,
I think she must have sung all night.
—H. Thompson Rich, in the Forum.

Literature is an avenue to glory, ever open for those ingenious men who are deprived of honors or of wealth.—Disraeli.

COLD STORAGE'S TURN.

War against the high cost of living has reached the militant stage in Chicago, where there have been simultaneous raids by the city health department against three of the largest cold storage warehouses in the city. The raids were based on an ordinance which places a restriction on the time foods may be kept in cold storage and were due partly, it was said, to James Wetz, a wholesaler, so-called "egg king," who is said to be holding 72,000,000 eggs.

The high price of eggs is the result of general prosperity which has induced extraordinary consumption together with a shortage of production, according to a statement by the Chicago Butter and Eggs board, which announced that it would welcome any investigation into its manner of arriving at prices.

Naturally, attention is directed to cold storage plants in the course of the agitation over high prices for food. The fact has just come to general notice that cold storage gives private business the opportunity to hold out foodstuffs of the sort formerly classed as perishable and squeeze the community. Eggs, meats and many of the more succulent vegetables can now be held from the market for months or years where formerly they had to be sold without delay. A natural suspicion arises that cold storage is made or may be made a means of cornering the market in these articles.

Cold storage is expensive by reason of the buildings, machinery, chemical supplies and power required. It is practicable only on a scale requiring more capital than the ordinary man possesses. Its consequent restriction to the few puts it under suspicion, and it therefore must stand such investigation as a suspicious public seeks to bestow. The private organization of industry has for some ten years conceded the public's power to make or break each line of business according to whether it was deemed beneficial to the public or harmful. Some of the larger trusts and a number of railroad rates have been smashed, directorates have been regulated, banking control amended; yet the things that were have subsisted in the main, despite suspicion and hostility, because they were found needful. If the cold storage business goes through the ordeal of scrutiny the results will probably stop short, in any case,

of the extensive public ownership of plants which extremists propose.

SIMPLE, FRUGAL DIET.

Dr. Robertson, health commissioner of Chicago, is investigating the over-heightening cost of living and is enlisting a diet squad with which he hopes to demonstrate that forty cents a day is enough to furnish any normal person a sufficiency of wholesome, appetizing food. He has tried it, he says, and knows that it can be done; and declares that New England boiled dinners and mush and milk will solve the problem.

There is a class of people who are inclined to be resentful of such attempts to teach them how to live frugally at little cost. They want to know how to increase their means rather than how to live within them; and they envy men as fortune's pampered favorites who can, and do when they desire to, expend four dollars instead of four dimes upon a meal. But men who do this often or habitually are far from being fortunate above their fellows, as any one who sees them discovers at a glance. There is no health or joy in surfeit, and half of the bodily afflictions befall the man who eats too much. Simple foods and few of them at a meal are best; and many a man as opulent as Croesus has found out that the chief of his concerns in life is to eat as sparingly as possible of the simplest foods.

Belgium, thanks to the invaders, is on too rigorous a regimen. The masses of her people have not food enough, and thousands of adults and tens of thousands of children have actually starved. There is no more cruel thing in history than this. Four to eight cents' worth of food is not enough. Yet as a result of this enforced abstinence, the cases are said to be numberless where diseases of long standing, chronic ailments and conditions which made life a perpetual pain and burden have totally disappeared. "Spare fast oft with gods doth diet," Milton said; and a simple, frugal diet is ever best for health, for happiness and for brains.

LET US NOT BE SELFISH.

Speaking to the National Grange, President Wilson asserted that men who make it appear as if the food supply was so short that middlemen could charge what they pleased for it were responsible for the inflation of food prices. We ought to raise such crops, he said, that this condition cannot recur; and it will not do for us to be niggardly with the world in respect to its food supply.

There is wisdom in this. We certainly cannot justly or safely withhold food from hungry nations that are willing and able to buy and send ships here for it. We must divide with such of the human families as are in want, even if it inconveniences ourselves. Their needs are greater than ours or they would not pay as they do our market prices and costly ocean freight rates in addition. Should the United States show any degree of selfishness in the matter, it would invite and perhaps incur the implacable hostility of the powers that control the seas and are likely soon to dominate the world. Great in resources and puissant as we are, we are only one-sixteenth of the human race while the allies are about two-thirds of it and may be able to inconvenience us exceedingly if they think, when the war is over, that we have been too selfish and self-centered and need a lesson in the proprieties of life.

Representative Clyde H. Tavenner of the fourteenth Illinois district is pretty well known as one of the most advanced pacifists in the country. His activity in advocating the cause of unpreparedness has had the effect of diverting attention from the fact that he is also one of the greatest users—and abusers—of the federal franking privilege now in congress. It is stated on the authority of the Army and Navy Journal that five million copies of one speech made by him against preparedness was franked at a cost to the treasury of four hundred and ninety thousand dollars that should have been paid for postage, not to mention the salaries of the government-paid secretary and clerks who sent out the stuff. Tavenner is a congressional lame duck and there will be much satisfaction outside the fourteenth Illinois district, as well as within it, that he is to be succeeded at Washington by W. J. Graham.

Secretary Lane, a member of the American-Mexican joint commission, says that Carranza is a strong man; but the general impression is that he is a weak and crooked man on whom little reliance can be placed. If he shows any disposition to be straightforward it probably will be because his troops are deserting to Villa by the hundreds, and because his government wants to borrow money of us.

Some Keokuk families will insist on having a turkey for Thanksgiving even if it has to be one of those cute little papier mache ones sold in the toy stores.

IOWA PRESS COMMENT.

Cedar Rapids Republican: Miss Ruth Law the aviatrix and Miss Jeanette Rankin, the congresswoman-elect, have decidedly held the center of the stage recently. Mere man can see where his place in the future will be. The superior sex talk is making the world smile a bit broadly.

Ottumwa Courier: If we are to vote for judges in a separate column on the ballot, then let it be the first column instead of the last.

Webster City Freeman-Tribune: An auctioneer at Iowa City who makes a specialty of farm sales says he has found newspaper advertising the best and puts the farmer to the least trouble. In many counties sale bills are not printed any more, sellers relying entirely for publicity upon display advertisements in the newspapers.

Sioux City Tribune: In view of present prices on leather and furs it is no longer a mark of niggardliness that an individual may be willing to skin a flea for its hide and tallow. An incident of that kind now would be a mere commercial venture.

Waterloo Courier: Since the president's inauguration is going to be "bone dry," we presume most of the diplomats will need in their regrets and take a little run over to New York during the festivities.

Council Bluffs Nonpareil: A New York man has sued the publishers of the city directory because his name was omitted. Probably he was a new bill collector and confidently expected those whose accounts he sold to use the directory to call him up and inform him just where he could find them.

Marshalltown Times-Republican: Mr. Gompers having asserted that the Adamson law will work "law or no law" suggests that somebody ought to see Mr. G. and quote the proverb relating to a close mouth.

Sioux City Journal: Newspaper folk and newspaper readers both have reason for feeling grateful to President Wilson with the announcement that the president's message to congress will consist of but 2,000 words. No president in history up to this time has been able to express his ideas in an annual message in so little space. Doubtless the message will be followed from time to time as the short session continues with other similarly brief messages. In that way the president will stand a much better chance to have all his addresses read than he would if he followed the usual practice of issuing a statement a great many thousand words long.

The Nation Faces a Peril. Des Moines Capital: There is an uneasy feeling abroad in the land due to the relations between the brotherhoods of railroad workers and the railroads.

The brotherhoods are talking of a merger with the American Federation of Labor. The effect of this will be to array practically all of union labor on one side of a single controversy.

The railroads are already more or less united. As regards the Adamson law they will pool their interests in one test case, proving the federal legal department can be brought to an agreement.

The business interests of the entire country are indignant. The manner in which the Adamson law was rushed through the last session of congress still rankles in their breast.

Local men who attended the session of the United States Chamber of Commerce say that the delegates are thoroughly aroused over the situation. They demand that congress pass legislation which will prevent strikes. They insist that the country be protected against a repetition of the danger which threw the nation into confusion in August, when a universal railroad strike was narrowly averted.

Students of public affairs for years have predicted a gigantic struggle between capital and labor. Such a thing would be a calamity comparable to the one which now involves Europe. This is a day for sober thinking and decisive action. It is an hour of national peril.

Helen Keller and Billy Sunday. Helen Keller, world's most famous blind and deaf woman, went to hear Billy Sunday, evangelist, who is now preaching in Boston.

"The noisiest man I ever heard," she said. "He is a monkey wrench thrown into the machinery of the social revolution that is surely coming."

He is doing a lot of good, but not in the way he thinks he is. "He is preaching an old faith, but he has not heard from God in a long time."

Sweet Girl Graduate. Louisville Courier-Journal: A very clever girl had taken one of the principal graduation prizes, and her friends crowded around her at the close of the exercises to congratulate her.

"My, but you must have been awfully afraid you wouldn't get it, Grace," said one of her friends, "when there were so many contestants."

"Scared," cheerfully answered Grace, "not on your life. I knew I could put it over them on most of the subjects, and when it came to English grammar and composition I had 'em skinned a mile."

Footstools. Kansas City Star: Footstools were the very foundations of our homes when grandmother was a girl, declares Mary Margaret McBride in the Columbia Times, adding that no room was completely furnished in the olden days unless it had at least three in it. Some of the footstools were made of tomato cans and some had blocks of wood inside, but every one was covered with beautiful patchwork made from the dresses of all the eleven children and most of the twenty-nine grand-children.

George Washington, the first president, was sworn in in Wall street, New York City, on the steps of the sub-treasury building.

The Carthage

GATE CITY
CARTHAGE, ILL., NOV. 28.

The vesper service given by the Girls' Glee club of Carthage college, at Trinity Evangelical Lutheran church, Sunday, Nov. 26, at five o'clock was attended by the largest crowd ever assembled to hear the annual Thanksgiving musical given by the college church, the main auditorium being filled, and the annex more than full with people standing at every available space. These musicals deserve the patronage of all the college friends, as it takes much time and training to prepare the chorus and special solo work. Miss Eva Simmons, director, Miss Mabel Woodworth and Mrs. C. B. Newcomer, accompanists, the chorus rendering the following program:

Autumn, arranged by Harris from No. 2 of Crieg's first Peer Gynt suite, Chorus
With Verdue Clad (from "The Creation") Haydn
Erma Rowe German
Orpheus with his Lute Rogers
They That Sow in Tears Rogers
Joy Cutler
Prayer (from "Boris Godunov") Moussorgsky
Chorus
But the Lord is Mindful (from "St. Paul") Mendelssohn
Nellie Zinn
The Village Blacksmith—A cantata by Noyes
Chorus

The union Thanksgiving service will be held in the Lutheran church on Thursday at 10 a. m. Rev. J. W. Ferris to preach the sermon.

The annual thank offering service of the W. H. and F. M. S. will be held in this church on next Sunday evening, Dec. 3, at 7:30 o'clock. Miss Agnes Schumacher, of Springfield, Ohio, field secretary of the Central district, will give the address.

The infant daughter of Dr. Royal S. Runyon, of this city, is quite ill with pneumonia, at the home of his parents, in Elvaston. At last report there was some improvement in the condition of the baby.

The ball game played Saturday afternoon between the Illinois college and the Carthage college teams, on the local field, resulted in a score of 42 to 0 in favor of Illinois.

Circuit Court Proceedings, October Term, 1916, Harry M. Waggoner, Judge Presiding. Court adjourned until January 2, 1917.

Common Law.
William Goodman vs. Samuel A. McCallister, Trustee. Appeal by defendant. Jury called, selected and sworn to try cause; evidence heard on behalf of plaintiff. Motion to direct jury to return verdict finding issues for defendant, suit dismissed by plaintiff. Judgment in favor of defendant, for cost; execution awarded.

William H. Prentice vs. Robert R. Wallace, Assumpsit. Suit dismissed by plaintiff.

Frank M. Bersin vs. Wabash Railway Co. Case. Suit dismissed by plaintiff.

Wynan Schafer vs. George H. Trautvetter, Jr. Case. Leave given plaintiff to withdraw plea No. 1. Demurrer sustained as to all other pleas; leave given to file additional pleas, which were filed; leave given to reply double to plea No. 7.

Thomas J. Kirby vs. Frank Uhler, et al. Partition. Report of commissioners filed; decree signed approving same, ordering sale.

Lena Renard vs. Ida Hinman and Ella Hinman. Creditor's bill. Issues joined; order of reference signed.

Augustus F. Nixon et al. vs. Susan C. Kimbrough et al. Partition. Report of commissioners filed; decree signed approving same, awarding partition, appointing commissioners; report of commissioners filed; decree signed approving same, ordering sale.

Charles H. Ingraham guardian eto. vs. Anna N. Lund et al. Bill in chancery. Death of John D. Miller, guardian ad litem suggested; order signed appointing Roswell B. O'Harris, guardian ad litem.

Willis E. Huff vs. Luella A. Burke et al. Specific performance. Consent decree signed.

Margaret S. Yarnell et al. vs. William Yarnell et al. Partition. Report of commissioners filed; decree signed approving same, ordering sale; decree signed approving report of sale, fixing solicitor's fees, ordering distribution.

Wm. A. Mussetter vs. Richard F. Barrett et al. Bill to quiet title. Report of master in chancery filed; decree signed; granting relief, striking cause.

George Metternich et al. vs. James H. Callahan et al. Foreclosure. Receiver discharged; cause stricken with leave to reneate, without notice.

Ruben C. Goehrig, et al. vs. Louis Furst et al. Partition. Stricken with leave to reneate. Motion to redocket motion carried. Cause redocketed.

Report of final distribution filed; decree signed approving same and striking cause.

Ruby Coleman vs. Clate Coleman. Divorce granted.

Mary A. Bolton vs. Samuel J. Russell et al. Foreclosure. Report of special master filed; objections, by agreement, to stand as exceptions.

The Carthage Savings Loan & Building association vs. William O. Ewing et al. Foreclosure. Report of deed filed; decree signed approving same; striking cause from docket.

Martha A. Safford vs. Henry E. Blisshopp et al. Foreclosure. Decree signed approving report of sale.

Mattie A. Crow vs. Magdalene W. Waggoner et al. Bill in chancery. Appearance of defendants, Elsworth Crow and Alva Hamrick entered in writing; and ruled to answer instant. All defendants ruled to answer amended original bill and cross bill.

Robert R. Wallace vs. Henry C. Byler et al. Decree signed approving report of sale.

Amanda Hambley et al. vs. James Asbury Knott et al. Partition. Decree of distribution signed.

William H. Pitt et al. vs. Fred C. Pitt, et al. Bill in chancery. Report of deed and final distribution filed; decree signed approving same; striking cause.

William J. Singleton vs. Robert C. Gibson et al. Foreclosure. Bill dismissed by complainant; cost paid.

Peoples State Bank of Hamilton vs. David L. Calkin et al. Foreclosure. Decree signed approving report of sale.

Dime Savings Bank vs. Irving May or et al. Foreclosure. Bill dismissed by complainant.

Laura H. Nelson et al. vs. Marritt F. Carr et al. Partition. Death of Ida May Newell and Marritt F. Carr suggested.

Wm. R. Hay et al. vs. John Scott et al. Bill to quiet title. Order signed amending order of reference; report of master filed; decree signed approving same; granting relief, striking cause.

Eva Long vs. Luther Long. Divorce. Motion by complainant for expense money allowed and order signed.

The National Bank of Milton, vs. T. C. Boag, et al. Foreclosure. Report of master in chancery filed; decree signed approving same, ordering sale.

Alfred P. Quick et al. vs. Francis M. Shippe et al. Partition. Report of master filed; decree signed appointing commissioners, approving report of master, awarding partition. Report of commissioners filed; decree signed approving same and ordering sale.

Thomas M. Stevenson vs. John F. Stevenson et al. Partition. Defendants Ida Stevenson, Roy Redner, William Seaver, Pearl Stevenson and Charlie Stevenson, called and defaulted; defendants in cross bill ruled to answer; rule discharged. Demurrer to part of cross bill and answer to remaining filed.

Lemone P. Dawson et al. vs. James P. Dawson et al. Construe will. Defendant John Brant, Jr. (defendant in cross bill) called; defaulted; order of reference signed.

Ella M. Dye vs. James M. Dye. Divorce. Order of default set aside and cause continued for service.

Clara Crossland, vs. Jacob S. Crossland. Divorce. Cause continued for service.

Albert H. Glazebrook vs. Roy Fredrick et al. Partition. Report of mas-

ter filed; decree signed approving same, awarding partition; appointing commissioners. Report of commissioners filed; decree signed approving same, ordering sale.

Miss Esther Cleveland, daughter of the late Grover Cleveland, formerly president of the United States, has arrived in Paris to take up work among the blind soldiers at the "Phare de Paris," an American institution which has accomplished much good under the direction of Miss Winifred Holt.

Don't fool with a cold. Cure it.

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Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with gassy or muddy complexions; instead of the multitudes of "nervous wrecks," "run-downs," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, nervousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood while the pores in the thirty feet of bowels do.



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