

## AN APPEAL TO THE NORWEGIAN VOTERS

Every Norwegian voter in Iowa should feel a particular interest in the success of the equal suffrage movement in his adopted state because of the progressive stand taken by his native country in granting to its women full citizenship in 1909, according to Ole O. Roe, state fire marshal, one of the staunchest supporters of the Votes for Women cause in this state. "I believe the men of Iowa will be as generous and just to the splendid womanhood of the state as the men of Norway," Mr. Roe declares in his appeal to the Norwegian people of Iowa. Mr. Roe's letter follows:



OLE O. ROE.

"Thirty-six years ago a talented young woman, Miss Gina Krog, organized the successful women's suffrage movement in Norway, her native country. This movement resulted in granting to women the right to vote in municipal elections in 1901, and in all elections in 1909.

"Norwegians say that while new ideas may originate in the great outside world, they blossom and bear their earliest fruit in the small countries. The platform upon which the women of Norway won their successful fight for equal suffrage was in substance as follows:

"Woman's vote would not interfere with her duties as wife and mother. "To give woman a vote strengthens

the interests of the family by giving it two votes instead of one.

"That in all countries of the civilized world the industrial system has forced a very large number of women to take part in producing wealth.

"That women, married or unmarried, have quite as great, important and heavy duties towards society and mankind as men.

"That the right to vote would develop the social and public spirit of women.

"That the general welfare of all the people would be promoted by granting suffrage to women.

"That the admission of women into the body of citizens is only an act of simple justice."

"Mr. J. Castberg, Ex-Minister of Justice of Norway, has this to say of women's suffrage:

"Norway's emancipation of women is based upon justice and confidence. It points the way in which all nations of the civilized world will follow as enlightenment and the sense of justice grow apace."

"I believe the men of Iowa will be as generous and as just to the splendid womanhood of this state as the men of Norway were to their mothers, wives and daughters.

"Very truly yours,

Ole O. Roe

## EQUAL SUFFRAGE IS ENDORSED IN SENATE REPORT

### Government by One-Half of the People Not Desirable.

One of the most powerful presentations of the case of equal suffrage yet made was contained in the report of the senate committee on woman suffrage submitted in January, 1916, by Senator Charles H. Thomas of Colorado, chairman of the committee. In urging the submission of the proposed amendment to the voters, the committee report declared that "it is our confident opinion that its submission by congress will be followed by its ratification." Other members of this committee are Senators Robert L. Owen, Henry F. Hollis, W. L. Jones, Moses E. Clapp and George Sutherland.

The committee report, in part, follows:

#### Citizens in Other Respects.

"In our opinion every argument and every principle upon which universal manhood suffrage rests demand the extension of its privileges and responsibilities to women. If the people are the source of all power, if government should exist only by the consent of the governed, if ours was established by the people 'in order to form a more perfect union, insure domestic tranquility, establish justice, provide for the common defense, and secure the blessings of liberty to ourselves and our posterity,' and if to the accomplishment and perpetuation of these noble objects all men of lawful age should be clothed with the power to voice their convictions and purposes with the ballot, then should all women of lawful age be invested with the power to do likewise. They are subject to the laws, are taxed for the support of government, and subject with men to a common political destiny. They comprise 50 per cent of our population. They are citizens in all other respects. Together with men they constitute 'the people.'

"In patriotism, intelligence, devotion to the welfare of the government, and in capacity for the franchise they are in no wise inferior to men. Neither logically nor justly, therefore, can unlimited suffrage be recognized as an

essential to our republican form of government and its exercise be at the same time limited to one-half of the people, arbitrarily segregated from the other half by the accident of sex. Such a condition deprives the disfranchised of all power of participation in governmental affairs, and doubles the authority and responsibility of the enfranchised.

"So long as the existing status continues ours is a government of all the people by one-half of the people. Equality of privilege and responsibility must go hand in hand in popular governments if its principles are to be observed and its objects accomplished.

#### Objections Not Sustained.

"We are not impressed by the arguments against equal suffrage based upon difference in sex. They are in this age familiar through much repetition as are those which assert that woman's duties and mission conflict with her use of the ballot. It is sufficient to say that these objections have not materialized in the states where equal suffrage prevails; and this is so clear that any attempt in these states to disfranchise the women would be resisted by the male voters quite as vigorously as would an attack upon their own right.

"There she wields the ballot while discharging her duties and obligations to society and retaining all her womanly qualities, refinement, and attractions wholly unaffected by her exercise of political privileges; and her activities, her participation, her sacrifices, and her misfortunes in the great conflict now raging over three continents have for all time disposed of the contention that she should not be armed with the ballot because she can not wield the sword.

"She has taken man's place in all the industrial pursuits of organized society. She has maintained his governments, manufactured his ammunition, observed and enforced his laws, operated his machines, bound up his wounds, buried his dead, and has been his comrade in arms upon the firing line. Man has become conscious of her powerful co-operation in war; he will soon recognize the justice of her demand to share his burden in public affairs in times of peace."

#### Needs Vote for the Home.

Dubuque Times-Journal: "Woman's place is in the home," is the slogan of the anti-suffragists. Of course it is and it would be a lot happier and more prosperous home if women were allowed a voice in making laws for humankind.

## HEALTHOGRAMS

### Poisons from Digested Food.

Just as rheumatic poisons are formed in the intestine as a result of imperfect digestion of the food, so uric acid and other rheumatic poisons are formed in the tissues as a result of the imperfect burning of the food. Thus uric acid represents the clinker in the body furnace. Of the many factors which contribute to the formation of uric acid, overeating is the most important. When we overeat and digest the excess, we overwork the liver and the muscles, we force them to burn an excess of food. In attempting to do this, part of the food is only partially burned and uric acid is formed.

### Disturbing the Body Fires.

Uric acid and the other allied rheumatic poisons are produced in many persons by any factor which disturbs the normal process of food burning in the body. And the more the nutrition is over crowded, the more one overeats, the more easily this burning process is disturbed and uric acid is formed. Thus in the over-nourished person, a chilling of the body or any unusual muscular exertion frequently brings about increased uric acid formation and precipitates an attack of rheumatism. Those who have marked digestive disorders usually generate large quantities of uric acid; the food poisons formed as a result of these disorders alter the body fires and favors the formation of rheumatic poisons.

### Too Much Fuel Makes Uric Acid.

Another important factor in the production within the body of rheumatic poisons is the lack of sufficient exercise. Overcrowding the tissues with food and depriving them of the opportunity of burning up this food by avoiding exercise, results in large quantities of partially burned food and in the formation of rheumatic poisons. In this way rheumatism becomes a disorder of middle and old age; the young in their activity burn up clean all the food they digest; it is when we become less active and fail to cut down food accordingly that we develop rheumatism.

### Alcohol, Coffee, Tobacco.

Another way by which the normal tissue changes of the body may be disturbed and uric acid formed, is through the use of tobacco and alcoholic drinks, especially beer and wines. All of these poisons affect the tissues in such a way, probably by causing imperfect burning of the food, as to result in the formation of uric acid and other rheumatic poisons. Statistics show that rheumatism is far more prevalent in men than in women; the reason for it is found in the use among men of tobacco and alcoholic drinks. Experiments show that the excretion of uric acid is decidedly decreased and its retention in the body increased by the use of alcoholic drinks. Another important cause of rheumatism is coffee; not only does the caffeine of the coffee affect the food-burning in the body in the same harmful manner as do both tobacco and alcohol, but caffeine itself is in the same class chemically as uric acid, hence, may affect the body in the same deleterious way. Thus to drink coffee is really to take into the body uric acid.

## WHERE THEY FINISH

Take a walk through a cemetery alone and you will pass the resting place of a man who looked into the muzzle of a gun to see if it was loaded. A little further down the slope is the chap who tried to show how close he could stand to a moving train while it passed. In strolling about you will probably see the monument of the hired girl who tried to start the fire with kerosene, and a grass-covered knoll that covers the boy who tickled the mule's heel. That tall shaft over a man who blew out the gas, casts a shadow over the boy who tried to "hop" the cars. Side by side the pretty creature who always had her corset laced in the last hole, and the intelligent idiot who tried to ride a bicycle nine miles in ten minutes, sleep unmolested. Away over there reposes the woman who kept strychnine powders in the cupboard. There, with the top of a shoe box driven over his head, is the young fellow who always drove his auto past all the cars on the road. The man who stood in front of the mowing machine to oil the sickle is quiet now and rests beside the careless brakeman who thought himself too skilled to miss his hold. And way, way down in the corner, wrapped in slumber serene, lies the man who died of a guilty

# Get Ready for the Big Year Coming

**HAVE** you decided what you are going to read next year? The crisis in the world war is drawing near, and there is to be a presidential election, both, it seems, will have a direct effect upon the prosperity of EVERY FARMER

The JOURNAL asks the question because it is able just now to save considerable good money for those of its readers who want to secure the very best reading possible for 1916. It really does not pay to subscribe for papers separately, as the offers below show:

Just now we can accept subscriptions, new or renewal as follows:

The Des Moines Daily Capital,	- 1 year	All for \$3.00
The Iowa Homestead	- 1 year	
The Audubon County Journal	- 1 year	

The Audubon County Journal	- 1 year	All for \$1.25
The Iowa Homestead	- 1 year	
Kansas City Weekly Star	- 1 year	

Register and Leader	: 1 year	All for \$5.00
Iowa Homestead	: 1 year	
Audubon Co. Journal	: 1 year	
Kansas City Weekly Star	: 1 year	

Call or Address

## The Audubon County Journal

Exira, Iowa.

conscious because he had not paid his subscription to his local paper.

## ALWAYS GET A RECEIPT

An Oklahoma editor tells of an old Indian that came to his office to subscribe for his paper. The editor took the Indian's money, then the Indian wanted a receipt. The editor tried to talk him out of it, but Mr. Indian wanted a receipt. After writing it, the editor asked him why he was so persistent in wanting a receipt. He said: "Me die some time. Go to gate and St. Peter ask me if I been good Indian. I say yes. He say did you pay your debts? I say yes. He say did you pay editor of Chief-ton for paper? I say yes. He say, where is receipt? I don't have it. I have to run all over hell to find you and get receipts."

### Pills Best For Liver.

Because they contain the best liver medicines, no matter how bitter or nauseating for the sweet sugar coating hides the taste. Dr. King's New Life Pills contain ingredients that put the liver working, move the bowels freely. No grip, no nausea, aid digestion. Just try a bottle of Dr. King's New Life Pills and notice how much better you feel. 25c at your Druggist.

## CAMERON

The Schrader families of this township, were called to Audubon, last week on account of the serious illness of Mrs. Walter Schrader, who at this time is reported better.

Rev. Mitchell did not get to fill his usual appointment at Eden Valley, Sunday, on account of having to preach a funeral sermon at Defiance.

Raymond Kester, of Audubon, was a brief caller in Cameron, last Friday.

Our mail carrier, Jens Sorensen, has purchased an auto to use on his route. This route was established January first, 1902, and during these fourteen years and over Jens has been our only carrier and has given highly satisfactory service.

Eden Valley was to have been favored with a gospel team from Botma, last Sunday but they failed to arrive on account of the rainy weather.

F. L. Anderson and son, Frank, begun grading roads in this town-

ship on Wednesday of last week. They have considerable grading to do and are getting a good start on the season's work.

Rev. Mitchell was out from Gray, on business in our community the latter part of last week.

Rev. Begen, of the Evangelical church in Ross, was out among Cameron people a few days ago.

Our people are favored these days by grocery auto trucks from the Rutherford and Shingledecker stores in Gray. It is quite a convenience to sell produce and also have groceries delivered at your door.

### "THEY DO COME BACK FOR IT"

If "they do come back for it" as is claimed they do, no Dealer can afford not to have Hanford's Balsam of Myrrh constantly in stock. It should be remembered that when a customer is unable to get a well known, old established preparation that he wants, he often switches his trade to the store that can supply his demands. Full information regarding this preparation, which is stocked by all leading Jobbers, will be cheerfully supplied by the G. C. Hanford Mfg. Co.

## HILLSIDE ECHOS

Too late for last week.

Jacob Layland and wife, Ed Dryden and family were Sunday visitors at the Lester Layland home east of Audubon.

W. M. Crees and wife were Sunday afternoon callers at Geo Dimick's.

A. W. Davis, wife and son, Sanford, spent Sunday at the Clarence Davis home near Anita. Mrs. Davis and children came home with them and spent the night returning Monday morning.

Several of Martha Petersen's little friends gathered at her home Sunday to assist her in celebrating her birthday.

Beatrice Crees and Lona Slayton were Sunday evening callers at the Lona Peppers home.

The Crees boys were Sunday visitors at P. K. Petersen's.

Vern Swezey and wife were Sunday visitors at the John Slayton home.

Mr. Mason of Council Bluffs, spent Sunday night with his son, Arthur, at the Ed Dryden home.

## Vacation time is fast approaching. Have you given it any thought?

A countless number of outing spots in this great country are served by Rock Island Lines—

Colorado  
Rocky Mountain National Park  
Yellowstone National Park  
Pacific Coast  
Chicago and the Resorts North and East

See ticket agent or write for interesting literature, stating what section you are most interested in.



HAL S. RAY  
Assistant General Passenger Agent  
DES MOINES, IA.

Mrs. A. W. Davis and son, Sanford, were business visitors in Anita, Monday.

Merritt Bills spent Saturday night and Sunday with his parents near Brayton.

Arletta Dimick is on the sick list and unable to attend school at this writing.

Mrs. John Slayton and son, Lona, and Mrs. W. M. Crees and daughter Beatrice, were Atlantic visitors Tuesday.

Sanford Davis has a fine new violin which will be pleasing news to the young folks, as no party would be complete without Sanford and his violin.

The Otto Mikkelsen home was the scene of a happy gathering Saturday evening when a crowd of invited guests were there to spend the evening. A delicious lunch including ice cream and cake was served at midnight which added greatly to the pleasure of the evening. Dancing was enjoyed until a late hour after which the guests departed for their various homes voting the evening as one of innocent fun long to be remembered.

## 12 REASONS WHY WOMEN SHOULD VOTE

- BECAUSE those who obey the laws should help to choose those who make the laws.
- BECAUSE laws affect women as much as men.
- BECAUSE laws which affect WOMEN are now passed without consulting them.
- BECAUSE laws affecting CHILDREN should include the woman's point of view as well as the man's.
- BECAUSE laws affecting the HOME are voted on in every session of the Legislature.
- BECAUSE women have experience which would be helpful to legislation.
- BECAUSE to deprive women of the vote is to lower their position in common estimation.
- BECAUSE having the vote would increase the sense of responsibility among women toward questions of public importance.
- BECAUSE public spirited mothers make public spirited sons.
- BECAUSE about 8,000,000 women in the United States are wage workers, and the conditions under which they work are controlled by law.
- BECAUSE the objections against their having the vote are based on prejudice, not on reason.
- BECAUSE to sum up all reasons in one—IT IS FOR THE COMMON GOOD OF ALL.