

CHARITIES BOARD OFFERS NEW RULES

ASK MANY CHANGES IN OPERATION OF STATE INSTITUTIONS WANT SERVICE STANDARDIZED.

Springfield, Ill., Feb. 8.—The state charities commission has recommended to the Governor a standard of service for the state charitable institutions. The policy outlined by the commission includes the following:

A continuation of the policy of non-restraint and non-seclusion and the prohibition of corporal punishment in all institutions caring for children.

Closer co-operation between the staffs and superintendents of the hospitals and the state psychopathic institute.

Strong efforts to ferret out the truth by scientific investigation and determine the underlying causes of mental diseases, degeneracy, delinquency and dependency.

The continuation of the eight hour day for employees in the institutions, one day's rest in seven and automatic wage increases.

The extension of psychopathic work to the state training school for girls, St. Charles school for boys and the Orphans' Home at Normal.

After care of convalescent insane and supervision of those discharged from correctional institutions.

The continuation of the employment of women attendants in male wards, but the women should be at least 21 years of age.

More attention should be given to the social needs of the employees in the institutions.

Transferring of persons adjudged insane from their home county to the institution under the supervision of a trained nurse.

The organization of unions by employees is not opposed, but objection is raised to the attempt of the union to dictate to the superintendents and staff what treatment shall be given to patients or how, when and where nurses and attendants shall work.

The commission is opposed to the creation or organization of more orphanages as there are enough in the state now if they are properly conducted.

Illinois Bureau.

Springfield—Ballaramous Youskavolous appeared before Judge Landis in federal court here with a request to have his name changed. "What is it," said Landis. Ballaramous said it. "Try again," said the Judge. The man did. "Write it," pleaded the jurist finally. "I don't blame you a bit," Judge Landis said. "After this your name will be Robert Yusk." Judge Landis received applications from seven Springfield Germans for naturalization papers when the court opened.

Peoria—"Me for Amerika. Me want my papers queeck," pleaded an Italian who rushed into the office of Ted Jones, clerk of the United States district court here. The first papers were given him. "Now I enlist," he said. Two hours later he had been accepted by recruiting officers for the United States army.

Quincy—Congressman Edward J. King of the Fifteenth Illinois Congressional district has asked the advice of his constituents as to how he shall vote if asked to give his support to a declaration of war. "If we make a start it may end in the whole world against America and if we remain silent the end may be the same," Congressman King says in a letter to a Quincy newspaper appealing for advice. "In this crisis I ask the people of the fifteenth congressional district to share with me the responsibility of my vote."

Peoria—Ten German residents of Peoria applied to naturalization papers Monday immediately after hearing of the break with their mother country. Many more applications have come in since that time.

Stronghurst—A total of \$33,000 was taken in at the first annual sale of the Henderson county Hereford association held at Stronghurst. Sixty-six head of the fine cattle brought an average of \$518 each. Alexander, a two years old bull, owned by N. H. Vaughn brought \$5,500.

Waukegan—Clifford Leon Barnett, Lake Forest policeman and Beau Brummel, who rose to fame when he used the desk of the chief of police to press his trousers some months ago, will wed Sarah Caroline Johnson of Waukegan. A former marriage of Barnett has been annulled.

BILL TO PENSION STREET CAR MEN

CHICAGO SENATOR HAS LEGISLATION THAT WOULD GUARANTEE UTILITIES EMPLOYEES EARNINGS AFTER RETIREMENT.

Springfield, Ill., Feb. 8.—The bill providing a pension fund for employees of public utilities companies in Illinois may not get very far in the general assembly, but Senator John Denver, of Chicago, its introducer, declares he intends to go the limit in trying to put it over. At present the measure is before the committee on revenue and finance of the senate. Senator Denver is preparing to make a fight to get it out on the floor with favorable recommendation.

"I think a street car conductor or motorman is just as much entitled to a pension as a policeman or a fireman," Senator Denver said today. "The public which the utility employee serves while he is serving his company should take this much interest in him."

Senator Denver's bill would affect all employees of utility companies receiving less than \$2,000 per year. The fund would be created by contribution of 2 per cent. of the salaries paid by an employer, to be contributed by the employer; two per cent. of the salaries of the employees to be contributed by employees and one per cent. of the annual salaries of all public utilities employees in the state to be appropriated by the general assembly annually.

This fund would be administered by a board of control consisting of the state insurance superintendent, the auditor of public accounts, and one member selected by each employer subject to the law and employing more than 500 employees. The employees would be eligible to pensions after twenty years service and after they had reached the age of fifty years. The annuity would be twenty-five per cent. of the average annual salary of the employees during the five years preceding the date when the employee became eligible to receive the annuity.

LODGED 595 TRAMPS.

Farmer Adheres to Custom Established by His Grandfather.

Allentown, Pa.—Not all the tramps are spending the winter at the Berks and Lancaster county almshouses, according to reports made public by Henry Heft, a farmer near the town, who since the first of the year has provided lodgings to 595 tramps in his barn, an increase of fifteen tramps over the same period last year. Only one woman was given lodging.

Near the barn is a fine grove, and during the summer a good many sleep under the trees. Here Heft has provided a fireplace, and in a wash boiler they made their coffee. Heft never gives them a full meal, but if they agree to do their own cooking he often hands them potatoes, flour, salt, pepper and other necessities.

Mr. Heft says it has been the custom of his father and grandfather to provide lodging to the tramps and that for the hundred years that the farm has been in the Heft family no tramp was turned from their barn and that they never had any trouble with them.

SUBSCRIBE FOR FREE TRADER-JOURNAL.

HEALTH HINT FOR TODAY.

Cure For Headache.
A nervous headache may frequently be cured by several slices of lemon in a cup of strong tea, and a bilious headache is almost invariably put to rout by a tablespoonful of lemon juice in a cup of black coffee. The juice of half a lemon in a cup of hot water first thing in the morning is an excellent liver corrective.

When the Bonaparte family became French subjects by the union of Corsica to France they changed the Italian spelling of their name from Buonaparte to Bonaparte.

NOTICE OF ADOPTION.

Gleim & Colwell, Attorneys.
To John Young:
Take notice that on the 2nd day of February, A. D. 1917, a petition was filed by Anton E. Preuss and Hermine Preuss, his wife, in the County Court of La Salle County, for the adoption of a child named Lawrence Young.
Now, unless you appear within twenty days after the date of this notice and show cause against such application, the petition shall be taken as confessed, and a decree of adoption entered.
Dated February 2, A. D. 1917.
A. E. BACH,
County Clerk.

DANGERS REAL AND FANCIED.

The average woman will scream with terror at the sight of an innocent little mouse, and then complacently sit down and suffer in silence with diseases that are destroying her youth, her beauty, her very life. She will uncomplainingly resign herself to the woes and miseries of female troubles, which are to be dreaded a thousand times more than a tiny mouse. It is gratifying to know that untold numbers of women are being restored to perfect vigor and strength by Dr. Pierce's Favorite Prescription. It cures all uterine disorders. The exact name of the disease doesn't amount to a row of pins. If it is in the womanly organs, "Favorite Prescription" will hunt it out and cure it. It can be a drain, a pain, an inflammation, an irregularity or a weakness, and this medicine will act directly upon it, and restore the organs to perfectly healthy action. It prepares the girl to become a woman, the wife to become a mother, the middle-aged to pass the "turn of life" in safety. It is not a "cure-all" but a medicine for women only, and is the prescription of Dr. Pierce, Buffalo, N. Y., the world-famed specialist in the treatment of disorders of women. Any reader of this paper may consult Dr. Pierce free by mail.

A DIFFERENT WOMAN.

Jacksonville, Ill.—"I have used Dr. Pierce's medicine which I took for female trouble. I used three bottles of 'Favorite Prescription.' When I got through taking it I was a different woman; I felt fine."
Mrs. S. H. McCasland, 322 W. North St.

The KITCHEN CUPBOARD

WASH DAY MENU.

MONDAY—BREAKFAST.
Maltine Grapes.
Cooked Cereal, Broiled Ham, Johnny-cake, Coffee.

LUNCHEON.
Clam Chowder, Flirt Biscuit, Cabbage Salad.

DINNER.
Spiced Gingerbread, Tea.
Cream of Corn Soup, Croutons, Stewed Beef a la Mode, Pickled Peaches, Hashed Browned Potatoes, Buttered Beets, Cream Cheese and Green Pepper Salad, Pumpkin Pie.

Just Cabbage.

HOT SLAW.—Shave very fine a small, solid head of cabbage. Melt in a saucepan a piece of butter the size of an egg. Stir in a heaping teaspoonful of flour and when perfectly smooth add a generous half pint of milk. Stir over hot water until the sauce thickens and boils and add one well beaten egg. Cook only for a moment after the egg is added. Season with salt, paprika and half a cupful of cold vinegar. Pour over the shaved cabbage sufficient boiling water to cover, let it stand while you are making the sauce, then drain and pour the sauce over the vegetable. Place where it will be just below the boiling point for forty minutes before serving.

Cabbage Rolls.—This will be found an excellent and appetizing way of using up leftovers of meat and poultry that are not sufficient in quantity to serve in any other way. Midway between the outside and the heart of the cabbage select large, perfect leaves. On each lay a mince of finely chopped meat (almost any variety can be utilized or a combination of different kinds), season lightly and add one well beaten egg, so that when squeezed the mince will hold its shape. Next fold the two ends of the leaves at right angles to the midrib and proceed to roll. Fasten with small wooden toothpicks or skewers and have ready some actively boiling stock. Drop the rolls carefully in and cook for ten minutes. Thicken one cupful of the stock for gravy, season with a few drops of Worcestershire sauce and pour over the rolls, that have been arranged on a heated chop platter.

Cabbage Salad.—This recipe will be found a great improvement over the ordinary slaw. Into a bowl shave the desired quantity of firm, white cabbage. Cover with actively boiling water and let it stand for two minutes; then drain quickly, place in a colander and pour over it a stream of cold water for four or five minutes. Mix with half the quantity of sliced cooked beets, four or five chopped dill pickles and sufficient bottled dressing to moisten. Chill on the ice before serving.

Anna Thompson

The Kongo river and its tributaries provide more than 8,000 miles of waterway that are navigable for flat-bottomed steamboats.

REAL ESTATE TRANSFERS.

- Mortgages.
- Jennie E Flint to Tonica State Bank, it \$ 6 Tonica 500
- Quit Claim Deeds.
- Joanna Connell to John Hogan, it 12 b 46 Sreator 1
- Chas Mikusch to John Mikusch & Thiemann et al to Chas Clugston, and 1-3 w 25 ft R 2, e 12 1/2 ft R 3 b 5 Clark's Add N Utica 1
- Josephine Dunavan and husband to Walter R Green, pt n 1/2 32 34 4 1
- Alfred E Green et al to same, same 1

Stop the First Cold.

A cold does not get well of itself. The process of wearing out a cold wears you out, and your cough becomes serious if neglected. Hacking coughs drain the energy and sap the vitality. For 47 years the happy combination of soothing antiseptic balsams in Dr. King's New Discovery has healed coughs and relieved congestion. Young and old can testify to the effectiveness of Dr. King's New Discovery for coughs and colds. Buy a bottle today at your Druggist, 50c. 1

Subscribe for the Free Trader-Journal.

For the Treatment of Liquor and Drug Using

Successful for years in difficult cases of both sexes. Patient's improvement begins immediately—no after-effects; no use of restraining or other drugs. Treatment administered only by qualified, fully-physicians. Physical surroundings, home remedies for tobacco and opium.

Best results in this country. Write today. The Original, Scientific Treatment.

THE KEELY INSTITUTE - Dwight, Ill.

CHICHESTER'S PILLS

THE MARSH BRAND.

Relief and cure for Constipation, Biliousness, Headache, Indigestion, Piles, Hemorrhoids, Gravel, Gout, Rheumatism, and all the ailments of the bowels.

Take no other. Box of 25 Pills in Gold and Silver.

Prepared by Dr. J. C. Keely, Philadelphia, Pa.

SOLE BY DRUGGISTS EVERYWHERE.

SPECIAL SALE

Occident Flour

ALL THIS WEEK

\$2.65 per 49 lb. sack

THIS IS THE HIGHEST GRADE FLOUR IN THE WORLD. AT YOUR GROCERS OR

HAMILTON & VINCENT



"This is the Kind I Want!"

"Mother tried all brands, the *Calumet* which is best—*Calumet* how to get good, wholesome bakings every day—how to save Baking Powder money—avoid bake-day sorrow.

"She likes the wonderful leavening strength—fine rating quality—absolute purity—great economy of **CALUMET BAKING POWDER**

"Don't think the Baking Powder you now use is best. Try *Calumet* once—and out with real bakings are."

Received Highest Awards
New York Book Expo—
See Sign in Found Car

For Rent

- Eight rooms on two floors, 608 Granton St., in East Ottawa. City water, gas, electric light, stove heat, no plumbing. A good bargain at \$18.00
- Six room cottage, 1632 Sycamore St. \$14.00
- Six rooms, corner Sycamore and Washington Sts. \$10.00
- Nine rooms, strictly modern, 1018 Illinois Ave. \$25.00
- Strictly modern 8-room apartment now occupied by Howard Butterfield, 422 Congress St. Possession Feb. 15. Rent per mo. \$27.50
- Will sell the Leopold home, 730 West Lafayette St., rents for \$17.00 per month, at the ridiculous figure of \$1750.00
- Subject to seven installments of saving.
- Have several small mortgages on Minnesota farms—\$100.00 to \$2000.00 to net six per cent to you. Tel. 648-W.

T. B. FARRELL
College Building, Madison and Columbus Streets.

Don't Cough All Night

It wears down your strength, racks your nerves, keeps yourself and all the family from sleeping. Besides, you can easily stop it with **Foley's Honey and Tar.**

A standard family medicine of many years standing for its grippe and bronchial coughs and colds, tickling throat, hoarseness, stuffy, wheezy breathing and for croup and whooping cough. Its effect on the inflamed lining of the throat and air passages is quickly felt and very soothing.

Don't Halbert, Paoli, Ind., writes: "I suffered continually and at night could hardly sleep with my Honey and Tar relief and see how easily it is worth trying."

FOR SALE BY W. D. DUNCAN.

Children Cry FOR FLETCHER'S CASTORIA

A Carlsbad Treatment at Home

CARLSBAD SPRINGS are the most celebrated in the world for liver troubles.

If you lack energy and feel depressed, the chances are your liver is inactive and you need

REXALL LIVERSALTS

Practically the same formula as Carlsbad Water. A tablespoonful dissolved in plain water and taken before breakfast every morning for a week or ten days will put your system in splendid condition.

PRICE 25c AND 50c

FOR SALE BY W. D. DUNCAN.

Children Cry FOR FLETCHER'S CASTORIA

Children Cry FOR FLETCHER'S CASTORIA

HAS YOUR HOME THE NEW **Cretonne Draperies**

Linoleum Keeps the Floor Clean—USE—**Irion's Floor Coverings**

HOME OF MUNSINGWEAR

50% OFF On All Our Winter Coats

Avail yourself of this opportunity to secure a Ladies', Misses, Child's Coat at a big sacrifice.

TUB SILK AT \$1.25 A YARD

1917 spring and summer fashions lay particular stress on the handsomely striped tub silks in carrying out the sport tendency in blouse and costumes.

Practically and style are combined in this fabric, as it washes beautifully with only ordinary care.

We might add that a number of these patterns were especially selected as suitable for men's shirts.

SILK POPLIN AT \$1 A YARD

Notwithstanding market conditions we offer an excellent grade of silk poplin in a well chosen line of colors as the leader of our silk department at \$1 a yard. One of the most practical of all silk fabrics, woven with a heavy rib that makes it a wonderfully good wearing material, particularly adaptable for suit, costume and skirt.

CREPE DE CHINE WAISTS AT \$5.75

This lot comprises about 40 waists, made of an extremely good grade of crepe de chine, in plain tailored and embroidered models, principally in white and flesh colors. For the woman who wishes a strictly high grade waist that will hold its shape and color after repeated laundering these blouses offer dependable values.

HOUSE CLEANING MADE EASIER

You can lessen your house-cleaning labors materially by using more linoleum. Scrubbing and polishing floors are tasks that make every housewife dread spring house-cleaning.

IRION'S LINOLEUM

Reduces the labor of scrubbing to the mere task of mopping. It can be had in widths that cover your old floors without a seam, hiding all the scars and giving a smooth, artistic and durable surface.

Let us show you our many beautiful patterns, suitable for bedrooms, living rooms, dining rooms, kitchens, reception halls, bath rooms, pantries, etc.

Make your selection now, while our line is complete. We'll measure your floors and lay aside your purchase until you're ready for it.

CLEARANCE SALE OF Automobile Accessories

Having decided to handle nothing but automobiles, oils, gasoline and greases I am going to close out my line of accessories.

For the rest of this month we will give 20 per cent. discount on all accessories, consisting of spark-plugs, chains, dry cells, light bulbs, spot lights, boots, jacks, pumps and other things too numerous to mention.

J. A. Hampson, Sr.
219 MADISON ST. OTTAWA, ILL.