

A Great Physiologist

Once Said the Way to Keep the Stomach Healthy is To Exercise It.

But He Did Not Tell How to Make It Healthy.

The muscles of the body can be developed by exercise until their strength has increased manifold, and a proper amount of training each day will accomplish this result.

Nature has furnished us all with a perfect set of organs, and if they are not abused they will attend to the business required of them.

There is a limit to the weight a man can lift, and there is also a limit to what the stomach can do.

The cause of dyspepsia, indigestion and many affilicted diseases is that the stomach has been exercised too much and it is tired or worn out.

Rest and invigoration is what the stomach gets when you use Stuart's Dyspepsia Tablets.

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DELUGE OF CANDIDATES

Many Men Seek Political Jobs Under Des Moines Commission Plan

THIRTY FOR COMMISSIONERS

More Will Probably Announce Before Election—Five Seek Mayoralty Honors—Efforts to Secure Representative Citizens' Ticket Fails — Politicians Make Trouble.

Special to Times-Republican.

Des Moines, Jan. 31.—There are thirty candidates in the field for the position of commissioner of Des Moines, and six candidates for mayor.

There is every indication that not all the candidates are out yet, and there will probably be forty for commissioner and one or two more for mayor.

From this bunch the people of Des Moines will select at the coming primaries two candidates for mayor and eight for commissioner, and at the election they will make the final selection for one mayor and four commissioners.

Out of the list of candidates there is one slate of mayor and four commissioners selected by a committee of citizens, but the fight is not the field against this slate.

The candidates on the slate are taking their chances along with the others. The fight to elect the first council under the new commission plan is a decidedly interesting one, tho it has come to be pretty much of a scramble on the part of some of the candidates.

There is little doubt at this stage but that a real good council will be accepted, but at the same time those cities of Iowa and elsewhere that have been watching the progress of affairs in Des Moines as a sample of what they might expect if they adopt the idea themselves should be disillusioned.

In the very nature of things there is little doubt but that if a ticket of prominent citizens had been selected early in the campaign, the very weight of matters would have elected the ticket, for it would have been the ticket against the slate of politicians.

Such a number of the present aldermen. But circumstances and the overshadowing ambition of some prevented this.

A committee of 300 citizens was got together by the commercial club just before the last session of the legislature for the purpose of carrying on the campaign to secure the commission plan. This committee was made up with absolute impartiality and all shades of political and business men were put on it.

It was a committee strictly of prominent business men who were anxious to get relief from the present conditions of city government. This committee had the right enough to induce the legislature to enact the law and then had weight enough with the people that they adopted the new form of government at the polls.

There is little doubt but that if this committee had been called together early and had given its unrestrained choice of candidates the coming primary and election would have been all one sided.

When it got down to the selection of the committee and commissioners politics of a certain variety began to show its hand. Des Moines has public service corporations the same as has every other large town. If the committee of 300 business men had gotten together early, the weight of the committee would have overridden the corporations.

But while the committee of 300 delayed an unauthorized committee of fifteen, who were members of the ticket, got together. Some of the members of this committee of fifteen were ignorant of the real purpose of the move and others stood so close to the corporations in business that their presence there was easily explained.

The committee of fifteen was unable to induce five good men to run and finally after considerable hammering on the part of one of the newspapers the matter was left to a referendum vote of the committee of 300. This vote resulted in the selection of a pretty good ticket. There were one or two who would not serve but the real trouble with the ticket was that ex-Mayor John MacVicar got the highest number of votes. MacVicar is "not satisfactory" to the public service corporations. His record while mayor shows that he was continuously for the people. He had some stormy times fighting the cause of the people just as Cummins has had in state affairs and now the chief complaint found against him is that things were not all peaceful during his administration.

Instead of accepting the referendum of the committee of 300 citizens as final every effort was made to find some way of not accepting it. There never has been given in the campaign any excuse or reason for not accepting that referendum vote but those who dominated the first committee of 15 went ahead and had 230 more names added to the 300 making a committee of 530. Then this committee was called together in a mass convention to vote again. The first vote of the committee of 300 was taken by mail and there were about 175 votes cast. When the vote of the 530 was taken in mass meeting there were 182 votes cast on mayor.

If thru the campaign the claim has been made that politicians were not wanted on the new commission, the committee of 530 selected one of the present aldermen for mayor; H. C. Evans a democratic politician of state wide prominence, Mr. Hanna, one of the library trustees, Mr. B. S. Walker another library trustee and Charles Worth who has frequently been designated to political conventions and quite active in politics were selected for commissioners.

When the city first started out to get commissioners the sentiment was for big men. Men such as Hon. J. W. Sullivan who was democratic candidate for governor at one time and is a lawyer with an income of probably \$20,000

GRILL FOR CANDIDATES

State Temperance Committee Formulates List of Questions to be Propounded

ALL TO BE PUT ON RACK

Candidates From Senator Down to Smallest Legislative Office to be Furnished With List and Asked to Make Answer—List of the Questions Prepared by Committee.

Special to Times-Republican.

Des Moines, Jan. 31.—Every candidate from United States senator down will be put on record on the temperance question.

A committee of the managers of the campaign for constitutional prohibition in Iowa, yesterday devised a list of questions to be put to all candidates for governor and legislative position in this state and in Washington.

The questions go to the candidates of all parties for governor, congressman, United States senator, and state representative and senator.

That is the first step of the campaign for constitutional prohibition. The managers of the constitutional amendment federation, organized in Des Moines Wednesday at a temperance mass meeting, yesterday elected T. Chipperfield of Sioux City to lead the campaign, selected the other officers and appointed a committee composed of John B. Hammond of the Iowa Anti-Saloon league, Gen. James B. Weaver, himself a candidate for the United States senate on the democratic ticket, and Judge J. A. Harvey, formerly head of the state temperance alliance during the stormy days of prohibition in Iowa, to devise the questions. They are as follows:

For Governor—Do you or do you not favor the submission to the electors of an amendment to the constitution of Iowa which shall prohibit the manufacture and sale in said state of all intoxicating liquors as a beverage and if elected will you use your official influence to secure such submissions?

For Senator—Do you or do you not favor the submission to the electors of an amendment to the constitution of Iowa, which shall prohibit the manufacture and sale in said state of all intoxicating liquors as a beverage, and if elected will you vote for the submission of such an amendment at the next general assembly?

Congressman—Are you or are you not in favor of the prohibition of the manufacture and sale of intoxicating liquors as a beverage in the District of Columbia and the territories of the United States?

Do you favor the Carmaack-Littlefield bill (originally known as the Hepburn-Dolliver bill) now before congress to prohibit the shipment of the whole or any part of intoxicating liquors as a beverage to the territories where the sale of intoxicating liquors as beverages are prohibited?

And do you, or do you not, favor a law prohibiting the national government from collecting duties on the whole or any part of intoxicating liquors as a beverage, and if elected, will you vote for the submission of such an amendment at the next general assembly?

The executive board of management of the constitutional amendment federation organized to start the prohibition campaign yesterday.

Rev. R. C. Chipperfield, of Sioux City, was elected permanent president of this executive board; Mrs. Marion Dunham, head of the W. C. T. U., vice president; Rev. W. C. Barber, superintendent of the anti-saloon league, secretary, and D. Everett Smith of Indianapolis, treasurer. The officers of the board will be at 618 Iowa Loan and Trust building, Des Moines.

The board will draw up two petitions, one for voters and the other for non-voters, which will be directed over the state and submitted to the legislature. J. B. Hammond, J. B. Weaver of Colfax, and Judge J. A. Harvey, of Perry, were appointed to draft questions which shall be presented to various organizations to both state and national candidates on their position on the question of the resubmission campaign.

NEW SPORT FOR UNIVERSITY.

Completion of Dam Makes Development of Boating Possible.

Special to Times-Republican.

Iowa City, Jan. 31.—Following the completion of the university power dam on the Iowa river a movement has been started here looking to the development of rowing as one of the sports at the state university of Iowa. The river runs beside the athletic park where a boat house could be erected and there is a clear stretch of water up the river nearly three miles in length. The dam makes an average depth of fifteen feet and it is believed that it would be possible for single and double shell racing to be developed, even if the eight oar boats could not be used.

QUARANTINE ABOUT UP.

Clarion Doctors Waiting for Ruling by State Board of Health.

Special to Times-Republican.

Clarion, Jan. 31.—Those who have been quarantined for smallpox, are to be released soon, and the doctors are looking for some ruling by the state board of health, as to the length of time one should stay in quarantine when pronounced so by a member of the state board, and then being vaccinated, and it works thoroughly, as it has in the cases here that were pronounced smallpox by a member of the state board. The people here decided that our local doctors can be depended on for a proper diagnosis of diseases. Pipher Brothers are putting up their

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STOLE A WAGON LOAD

Burglars at Sioux City Rob Clothing Store of \$1,000 Worth of Goods

BURGLARS PREPARED FOR COLD

Goods Taken Were Overcoats — Stock of Goods Was Just Being Unpacked and Robbery Was Made Easy — Police Have No Clue — General News of the State.

Special to Times-Republican.

Sioux City, Jan. 31.—Burglars during the night pulled off the biggest job that has been reported to the police for a long time, having robbed the David Goodman store in the Massachusetts block of a wagonload of overcoats, valued at from \$500 to \$1,000.

The police have absolutely no clue upon which to work, tho they are putting forth strenuous efforts to find the guilty persons.

The store, which has not been opened to the public yet, was entered in the dead hours of last night, an entrance having been forced by breaking thru a rear window, thru which the goods were passed to a wagon provided for the job by the thieves.

The stock of goods has not all been unpacked and shelved, and for that reason it is hard to ascertain the extent of the operations of the burglars. It is known, however, that among the lot of overcoats were six fur lined garments valued at \$50 each.

Besides the costlier coats at least fifty others valued at from \$15 to \$25, were taken and a conservative estimate of the loss will run close to \$1,000.

Mr. Goodman states that the matter was reported to the police this morning immediately after it was discovered that the store had been entered and robbed.

Iowa Falls Lodge Social Planned.

Special to Times-Republican.

Iowa Falls, Jan. 31.—St. Elmo Commandery will be at home to its sisters and ladies on the evening of February 6th. A program is being prepared, and will be issued today for the occasion. The evening will be followed by a banquet given by the ladies of the Eastern Star. The commandery has a large membership in Iowa Falls.

Washington, Jan. 31.—Orville C. Brewer is appointed postmaster at Rogers, Lynn county, vice J. A. Trindle, resigned.

Joseph J. Snell of Boone, has been added to practice before the interior department.

E. H. Kelly of Davenport, is appointed stenographer in the railway mail service at Wichita, Kans.

White and Huxley News.

Huxley, Jan. 31.—Dr. and Mrs. E. E. White are now comfortably settled in their new residence.

H. J. Berkestrand has sold his jewelry stock to Thomas Floden, of this town, who will take possession February 15. Mr. Berkestrand has not decided what he will do after the 15th.

The commercial cafe will change hands February 15, the buyer being Mr. John Snyder.

The Huxley Silver band is getting down to hard practice two nights out of each week in the old school building, and within three months Huxley will be able to show up a fairly good band, as most of the players have had previous training.

The old school building in this town is advertised for sale, along with the lots, by auction, February 5. There has been some talk of the town council purchasing the building and using it for a town hall, which is badly needed now.

Henry Peterson and Ole Hulderson left on an excursion from Des Moines for points in Texas, and his friends are pleased to see him out when the weather permits.

Contractor Spangler is putting the finishing touches on the Farmers' Grain Company's elevator in this town. The building is fireproof from the outside, and has a capacity of 8,000 bushels. The elevator at Des Moines Junction and Allaman are of the same capacity and design.

The Clarion News.

Clarion, Jan. 31.—Politics is warming up somewhat in county offices will be candidates to succeed themselves. County Treasurer Trowbridge has appointed F. H. Allen, of Eagle Grove, deputy treasurer to take the place of E. B. White, who has held the position for the last nine years, and who resigned to take the office of secretary of the Farmers' Mutual Insurance Association of Wright county. Mr. Allen will take his position February 1st.

The union revival will close Friday night, and there have been quite a number of conversions.

The ice dealers are getting in their supply of ice. It is of good quality but only about 12 inches thick.

The Clarion fire company will have their annual masquerade ball on February 12th. That is always the event of the season here.

There are several persons sick with pneumonia, among them Ed Lindsay, who it is feared cannot recover.

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