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is eminently deserving of hygienic commendation on account of the purity of its composition, and the fact that the ingredients are so intelligently chosen, and so happily blended as to guarantee protection to the health of those using this beverage. Investigation shows that skill makes every detail of its production, and that all the processes of manufacture are carefully guarded so as to insure the highest superiority in the finished product.

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Cement fillings	25c
Bone filling	25c
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WILLOW BARK CO.

DEVELOPING CANADA

NEW TRANSCONTINENTAL RAILWAY WILL OPEN RICH WHEAT LANDS.

Read to Run Wholly on Dominion Territory—Premier Laurier's Plan to Make Canada Commercially Independent.

The opening of the vast and almost unknown regions of northern America is the object of the new transcontinental railway which is about to be constructed by the Canadian government, and in many respects it is the most remarkable undertaking of its kind ever planned.

The scheme has the support of Sir Wilfrid Laurier, premier of Canada, and the Dominion parliament is asked to ratify an agreement made by the government with a company organized under the auspices of the Grand Trunk Railway company for the construction and operation of a transcontinental road through the northern portion of the wheat belt. The road will not only be the most northern railway in the world, running, as it will, to Dawson City, but its western terminus at Port Simpson is nearly 500 miles north of the western terminus of the Canadian Pacific railway at Vancouver.

For the greater part of its route the new road is to traverse a practically unknown and uninhabited country, a land that has generally been considered as far north of the range of civilization and cultivable land. Recent surveys have brought to light the fact, however, that there are enormous tracts of rich wheat lands in the far north of the Canadian wilderness and that the northern warm line of wheat in western Canada is hundreds of miles nearer to the pole than it is in the east. It is this development of far northern forest and agricultural lands, where nothing but arctic desolation was formerly supposed to exist, which gives much of the interest to the route of the new railway. Another interesting fact in connection with the enterprise and one upon which the Canadians are especially congratulating themselves is that for the first time in its history the Dominion will possess a through line of railway from the Atlantic to the Pacific, every mile of which will be upon Canadian territory, with Canadian ports forming its terminals on both oceans.

Sir Wilfrid Laurier made the most of this fact in introducing the measure in parliament recently, claiming, in



SIR WILFRID LAURIER.
(Premier of Canada.)

fact, that it was absolutely necessary to the commercial independence of Canada that she should construct such a railway. His contention was that from the earliest days Canada had been dependent upon American friendship for the transportation of her goods across United States territory and that bonding privileges which she enjoyed might be abolished at any time. The line will be approximately 3,300 miles in length, beginning at Montreal, a divisional point on the Intercolonial railway, in New Brunswick, and running west, with a northward trend, to Port Simpson, on the Pacific coast, in British Columbia.

Like all national enterprises, the new scheme has had to face the fire of political controversy, the main objection being that the line from Montreal to Quebec will run in opposition to the Intercolonial railway, which is owned and operated by the government. Sir Wilfrid Laurier meets this criticism by pointing out that the proposed line will be from thirty to seventy miles distant from the Intercolonial, with a chain of mountains lying between them, and will open up a fertile region in a section of New Brunswick.

Between Quebec and Winnipeg the line will pass through a tract of good farming land larger in area than the states of Massachusetts, Connecticut, Rhode Island, New Jersey and Delaware, and the climate compares favorably with that of Manitoba. As to the western division, there is little room for difference of opinion.

Port Simpson, the western terminal, is said by engineers to have the best harbor on the Pacific coast. It consists, in fact, of two harbors, the outer being three miles long by one and a half miles wide, perfectly sheltered with a half mile entrance, and the inner harbor nearly as long, but not so wide, with a 1,300 foot entrance.

Sir Wilfrid Laurier has been the premier of Canada since 1896 and is the first French Canadian to hold that office. He is a lawyer by profession and entered the Dominion parliament in 1875. Upon the retirement of Edward Blake from the Liberal leadership in 1887 Mr. Laurier, who had already been recognized as the head of the French Canadian wing of the party, was unanimously chosen to succeed him.

POSTAGE STAMPS.

The Wasted Ones Not Uncle Sam Over a Million a Year.

An experienced clerk in a branch post office uptown says that Uncle Sam is in pocket every year more than \$1,000,000 by purchase of postage stamps which never are used.

"How many stamps," he says, "do you lose through carrying them carelessly in your pockets and fishing them out again glued together and useless? How many do you put in a corner of your pocketbook, finding them again months later looking like anything but postage stamps? Of course nobody ever thinks of sending such stamps in for redemption. Suppose the waste I am speaking of averaged 20 cents annually for each business man. The total would be enormous.

"Hot weather was a great revenue maker for the government before the little dried books came in, but many persons lose their books, and the average is about the same. Some persons actually come back to the stamp window and ask if lost stamp books can be traced, like bank books. Another way—in which Uncle Sam gains is through tradesmen sending out letters inclosing stamped addressed envelopes for replies, which in the majority of cases are never used.

"Some business houses collect such envelopes and redeem them, but few take the trouble to do this. Think of the thousands of return postal cards, too, that are never used. Lots of persons are careless of putting stamps on letters or papers, and they fall off. Then the matter is held up for double postage on the other end of the line.

"A great many persons put on too much postage. They slap two two-cent stamps on a letter, and the letter comes for 2 cents. It is amazing how little information usually well informed persons have about different classes of mail matter. The pay for it, too, and pay well. The beauty of our postal system is that the government gets the benefit of all mistakes."

—New York Press.

GETTING TO SLEEP.

Some Points About the Art of Woo-

All conditions must be favorable to sleep. The bedroom should be quiet, dark and airy. In winter it is better to have the window away up than to shut it so that a knife edged draft shall chill an exposed shoulder. The temperature of the bed should be agreeable. Getting to sleep when the feet are cold is as slow a job as getting to sleep when hungry. A hot water bottle in one case and a piece of bread and butter in the other will help things. I leave it to you to decide which is for which. A warm bed in winter is easily got, but a cool bed in summer is not so simple a proposition. However, a sheet made of straw matting interposed between the regular sheet and the mattress will be found to mitigate sensibly the horrors of a hot night. It preserves the softness and springiness of the bed and yet is pleasantly cool, without being too cool. Personally I find that sleep comes soonest when I have no pillows at all.

The next thing is to relax utterly. Remember that the corner of the jaw is the citadel of tension. While that is clenched no sleep can come. But most important of all is the disposition of the mind so that sleep can come. The reason why we fail in this is the same as the reason why we fail in other things. We do not very genuinely want to succeed. As we lie stretched out after a busy day, there are so many thoughts that we want to chase after that we drop the notion of sleep, though we know that tomorrow is another day on which we can think. It is all very well to say "Dismiss these thoughts." How to dismiss them is the problem that each must solve.—Harvey Sutherland in Everybody's Magazine.

Possibly So.

"Yes, children," said Uncle Henry; "the fishes in the sea go in schools."

"In swimming schools?" asked the smart nephew, who was planning to enter Yale.

"Most of 'em," replied Uncle Henry. "But the sea horses go to riding schools, and the starfishes go to astronomical schools, and the seal goes to a law school, and the swordfish goes to a military school and the sawfish to a manual training school."

"And where does the lobster go?" asked the smart nephew.

"He doesn't go anywhere. He stays at home and practices his college yell."

—Judge.

Whistler and Disraeli.

Whistler once came very near to painting a portrait of Disraeli. He had the commission. He went down to the country where Disraeli was, but the great man did not manage to get into the mood. Whistler went away disappointed, and shortly afterward took place a meeting in Whitehall which was the occasion of a well known story. Disraeli put his arm in Whistler's for a little way on the street, bringing from the artist the exclamation, "I only my creditors could see!"

One or the Other.

"Gee whik," exclaimed the nervy caller, "I haven't another match, and my cigarette has gone out!"

"Well," replied the polite young woman, who could stand it no longer, "you would have had to if it hadn't."—Catholic Standard and Times.

The Test.

Mrs. Muggs—That would Mrs. Frills told Mrs. Nextdoor that I was a regular cat. What do you think of that?

Mr. Muggs—I think she never saw you in the same room with a mouse. Answers.

Don't misjudge a serious face for a mean one. Remember your fox wears what seems to be a snarl.—Schoolmester.

WOMAN AND FASHION

Walking Costume.

The smart walking costume illustrated is of covert cloth with strapped seams on coat and skirt and rows of



SMART COVERT CLOTH COSTUME.

stitching around the foot of the latter. The sleeves and cuffs are also strapped, and two "pattes," as the French tailors call them, fasten the front.—New York Commercial Advertiser.

A Child's Frock.

A pretty frock for a child is made of white muslin embroidered. It is to be worn with a guimpe and is finished around the top with a deep shoulder ruffle embroidered around the edge with a little cluster of flowers at intervals. There are several rows of drawn work around the top of the ruffle outlining the neck. The sleeves are a little different from those usually seen, being long and full, then doubled in at the lower edge and finished underneath with a band at the elbow, the sleeve falling around the arm in a big deep puff. Around the upper part of the sleeve is an embroidered ruffle like that around the neck, this finished at the top, several inches below the shoulder, with a band of drawn work. The upper part of the frock is gathered full. There is a belt of the material, and below the skirt it is ironed into plaits.

Black Visiting Costume.

An attractive black visiting costume is built of fine plain and perforated satin faced cloth. It has a circular skirt with a yoke of perforated embroidery. The pelerine is narrow over the shoulders, the lower edge reaching half way to the elbows. In the front it falls in two loose points over the bust, and in the back it continues in a single deep point to the waist line, where it is attached to the belt with large pusement ornaments. The sleeves are quite large and are gathered into big ruffled cuffs edged with velvet. They are entirely of the perforated cloth and are slashed up the inside of the arm to show a panel of black cluny lace. There is a choker of the velvet.

Chic Shirt Waist.

The shirt waist styles are not vastly different from the things we have worn all summer, says New York Mail and Express. Striped and checked fabrics and the style of goods known as vestings will be much worn. A chic waist is the white flannel one here illustrated.



WHITE FLANNEL WITH ORIENTAL BANDS. It gains distinction by two bands of oriental trimming down the front. Another good idea for a flannel shirt waist is also given. This has a double plait down the front, with corresponding plaits each side, those at the side coming over the yoke with rather a smart effect. The cuffs are finished in similar fashion.

Many Uses For Lace.

Lace, lace, lace enough for one to become entangled in its meshes never to be extricated! It is used for trimming everything; buttons are also used for trimming; twine lace is also used for trimming coats; haircloth is set in walking skirts as a trimming very smartly. The hand embroidered effects are considered better than ever.

van Houten's Cocoa

The beverage that not only builds up the body, but gives strength and energy for the day's work.

Best & Goes Farthest

Mrs. Laura S. Webb,

Vice-President of Women's Democratic Clubs of Northern Ohio.

THERE ARE MANY sickly women between the ages of 45 and 55, but there are very few invalids over 55 and 60 years of age. The change of life coming to a woman near her forty-fourth year, either makes her an invalid or gives her a new lease on life. Those who meet this change in ill health seldom live ten years afterward, while a woman who lays aside the active duties of womanhood in health seldom fails to live on in happiness, years after she has passed 60. This is truly a critical time.

Mrs. Laura S. Webb, of Toledo, Ohio, recognizes the change of life as a dangerous period and she also has faith in Wine of Cardui. She writes:

"As I had always been troubled more or less at the menstrual period, I dreaded



the change of life which was fast approaching. While visiting with a friend I noticed that she was taking your Wine of Cardui, and she was so enthusiastic about it that I decided to try a bottle. I experienced some relief the first month, so I kept on taking it for three months and now I menstruate with no pain and I shall take it off and on now until I have passed the climax. I do not dread it now, as I am sure that your Wine of Cardui will be of great benefit at this time."

Wine of Cardui is the remedy to re-inforce a woman against the shock that comes with the change of life. It re-establishes healthy functions after years of suffering. In doing this it has saved thousands of sufferers just in time. Do not wait until suffering is upon you. Thorough preparations should be made in advance. Begin the Wine of Cardui treatment today.

WINE of CARDUI

A million suffering women have found relief in Wine of Cardui.

A BREATH OF PINE BALSAM IN EVERY CAKE.



Men find HARFINA indispensable for shaving, as a shampoo, to keep the hair and beard in fine condition, and to remove and cure dandruff.

Women recommend HARFINA lightly as a hair wash, for all sanative purposes, for the eradication of blackheads, pimples, freckles, moth patches, liver spots, to stop hair falling and to make the skin soft, clear and beautiful.

Children in their baths are much benefited by its use, as it keeps the pores open and the skin free from blemish.

Babies are always healthy if washed with HARFINA, the best toilet and complexion soap in the world. Prevents chafing.

HARFINA SOAP, sold at leading druggists, 25c per cake or 5 cakes for \$1.00. Mailed on receipt of price by LAY SPECIALTIES CO., 211 Lafayette Street, New York, N. Y., and a book telling how to have beautiful hair and complexion, sent free by stamp to cover postage, by Lay Specialties Co. HARFINA SOAP AND MAY'S HAIR HEALTHY sold by the following druggists:

T. H. THOMAS.

During Convalescence

Recovery is hastened, health restored and vitality renewed by the use of

ANHEUSER-BUSCH'S Malt-Nutrine

The perfect malt tonic. A food in liquid form. It quickly builds flesh and tissue.

All druggists sell it. Prepared by the Anheuser-Busch Brewing Ass'n St. Louis, U. S. A.

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