Awaken Your **Nerve Vitality**

EORUR. In. Nov. 15-I have

stopped off on my way from

St. Paul to New Orleans to

see the Mississippi river in

harness. That rampageous old

water broncho has been

assued by the cowboys of modern prou-

reas, and it is now plugging away

already running the street cars and

foling work like a cart horse. It is

many of the mills and factories of

St. Louis, which city is more than a

hundred miles off, and it will soon have

the wheels moving over a vast district right here in the very heart of the nation.

Think of dropping a force equal to 200

000 horses, all pulling at once, right out

of the skies into the center of one of the

busiest populations on earth. That is

what has been done by the Keckuk water

plant. Talk of the palace of Aladin and the slaves of the lamp. The Aladdin of

the Mississippi valley is Hugh J. Cooper.

the engineer who conceived and built the

Keokuk dam, and the slaves of his lamp

are the waters of this great river, which

for ages and ages will now go on laboring

I wish I could impress upon you the na-

ture of the country in which this power

has been created. This is the heart of

the Mississippi valley, where the land is

worth \$200 and upward per acre and

where a single crop, that of corn,

brings in upwards of \$1,000,000,000

every year. It is a country peppered with cities and towns and gridiroued with railroads. It is a land where there are

factories at every few miles, and where the people have so much money that the

surpluses of the country banks would

make old Croesus look sick. It is a land

Mississippi means.

pierced by these gates.

of the country about.

The Dam and Works.

day and night for the nation.

Kellogg's Sanitone Wafers Bring Fullest Joy of Living to Men and Women Who Lack Nerve Strength and Force.

50-CENT BOX FREE.

Kellogg's Sanitone Wafers are the meet powerful nerve tonic known—
safe, sure, scientific, greatest medical
riumph of the age. They joit dull
brains to ambition and cheerfulness,
and thrill weak, nerve-racked bodies
io the vigor and vim of health. If
you feel "punk" and lazy, half dead,
half alive, and get all played out over
every little thing you do, this remedy
will vim you up again—give you vital
force and courage—make you feel a
new man in body and brain.



For Men: Nerve vigor makes you! the lack of it "breaks" you. You are what your nerves are, in body and mental powtr. Brain fag and gloomimental bowtr. Brain fag and gloominess, headaches, constitution and in-digestion, often come from nerve-exhaus-tion through over-work or other cause, Get a free trial box of Kellogg's Sani-tone Wafers and you'll fairly jump with glee you'll feel so well and strong. Ambi-tion will return—all your nervous worry will vanish and you'll feel so happy you'll forhet you were sick at all

you'll vanish and you'll feel so happy you'll forbet you were sick at all.

FOR WOMEN: There's a lot of joy in life that nerve-racked women never know. If you're "blue" and worried—just able to "drag" around, and your backaches and headaches make you miserable all the time; your nerve force is exhausted—you need an invigorating tonic. Kellogg's Sanitone Wafers are the yeary thing for you.

very thing for you.

Get a free trial box of this safe and reliable remedy; do away with massage, electricity and pills. The free trial box we send is the regular 50-cent size. They make men and women so happy they are

make men and women so happy they are glad to be alive.

All first-class druggists have Kellogg's Sanitone Wafers in stock, at \$1.00 a box, or they will be mailed direct upon receipt of price by F. J. Kellogg, 1994 Hoffmaster Block, Battle Creek, Mich, No free trial boxes from druggists.

A 50-cent trial box of this great discovery will prove that they do the work. They are guaranteed—every wafer. Send coupon below today for free 50c trial box of Kellogg's Sanitone Wafers.

Free Trial Box Coupon

F. J. Kellogg Co., 1994 Hoffmaster Block, Battle Oreck, Mich. Send me by return mail, free of charge, a 50-cent trial box of the wonderful discovery for nerves, Kellogg's Sanitone Wafers. I enclose 6 cents in stamps to help pay postage and packing.

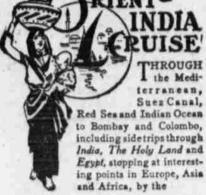
Street or R. F. D.....

The regular \$1.00 size of Kellogg's Sanitone Walers are for sale in Omaha at Sherman & McConneil Drug Co., 163 S. 18th St.; Owl Drug Co., 234 S. 16th St.; Beaton Drug Co., 1501 Farnam St.; Loyal 207 N. 16th St., and Bell Drug Co., 1316 Farnam St. No free boxes from druggists.

City.....State.....



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naurpassed Third Glass Fully Furnished—Low Rates seems for searcied couples and families of S, 4 and 5 persons. ne for married outples and families of E. 4 and 5 pers RECORD PASSAGE 6 DAYS, 15 HOURS Mediterranean Service from New York First Cabin Passage to Naples \$60 and up. Third Class at Very Low Rates.

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Or Local Agents Everywhere

The Great Keokuk Dam and Power Plant



of energy and industry, and right here in Mississippi River, and has studied the the heart of it, out of a force which for ins and outs of the great mass of maages has been running to waste, l'as chinery that is propelled by the stream. jumped into being one of the greatest We ride for a mile through the old-fashelectric power plants known to man.

You have heard the old riddle, "Why can't they dam the Mississippi river" till we come to the river. The houses The answer is, "Why dam it you can't." extend close to the edge of the bluff, Well, that riddle is no good any longer, and before we go down the long stairs The Mississippi has been dammed here at we have the dam, the power plant, the the foot of the Des Moines rapids, and canal and the dry dock spread out before walked today over the great structure us. The dam does not look a mile long. of concrete, almost a mile long, which nor can one appreciate that the white holds back the water and gives a steady palace of concrete right under us covers flow for the creation of power the year almost as much space as the great buildthrough. The damming was made possi- ing of the Library of Congress at Washble by the nature of the valley at this ington. It is only when we climb down point. Here the bluffs that wall the river the hundreds of steps and tramp our legs are closer than at any other point in its, tired in going through the miles of conentire length, and the configuration of struction that we realize that these things the valley is such that the waters can be are so.

held back without overflowing thousands Across the river we can see the great of farms. At the same time they give a steel towers that carry the cables to St. fall which in the distance of twelve miles Louis. The one nearest the power plant above the dam measures twenty-three is on the Illinois shore, more than 2,800 feet. It is this fall that gives the power. feet distant, and those which run from The waters of the Mississippi come down there on for a distance of more than at times at the rate of over 500,000 cubic 100 miles are set 800 feet apart. Each feet per second, and the dam throws tower in eighty feet high. It is built on them into mighty turbines, each of which a concrete foundation, and it is so made will generate a power equal to a line of that it will withstand cyclones and earthtwo-horse teams twelve miles in length. quakes. Dr. Barr tells me that the cables The turbines are connected with dynamos which carry the electricity are about as which generate the electricity, and the big around as your finger and that each 200,000 of horses thus made go flying over consists of nineteen twisted wires of copgreat cables to do their work for man. per. He says that from the top of the This, in a nutshell, is what damming the towers a steel cable runs, and that this is so connected with the ground that it protects the copper cables from light-And now as to the dam and the works. In the storm of the I have seen something of the great dams to the towers, with the steel cable on top. In this power plant more than 100 miles not a deliar in sight. He would be required to the world be required by address. of the world. I have tramped through We walk down the steps to the river the construction of the mighty dam at workmen in the dry dock. From here we tout the land capital timid. He workmen in the dry dock. From here we tout the land capital timid. He workmen in the dry dock. the great locks at Panama, and watched and stand for a moment watching the Gatun. The locks are of concrete and cross over to the lock canal, through earth. I have seen the great dam at which several great passenger steamers tion is done by the water load which is despair. I am told he would have then Assouan, 700 miles above the Mediter- are moving. It only takes ten minutes ranean, which holds back the Nile, and for a ship to pass through, and the canal gives Egypt a regular water supply thus saves two hours for the steamers

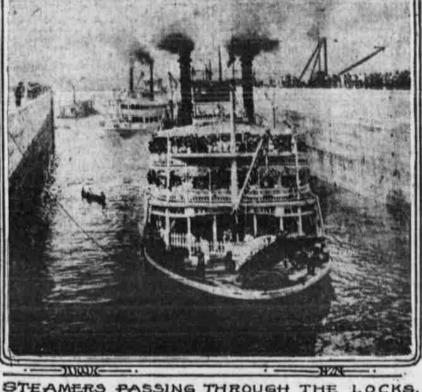
throughout the year. That dam is built between Keckuk and Montrose. of granite, laid in cement. It is only It required a half day to send the first about a third again as long as this dam ship through the great locks at Gatun. at Keckuk, which is made of concrete. This lock was put into operation within and its construction is just about the forty-eight minutes after it was comsame. Both dams look like great stone pleted and the first ship was worked viaducts built across the river. Each is through it in less than fifteen minutes. a wall through which great aluices are The Keokuk lock is wider than the locks ut, allowing the river to flow through at Gatun. It is not so long as the Misor to be held back at will. Each sluice sissippi steamers are short. The actual of the Keckuk dam has a spillway, much dimensions are: Width, 110 feet; length like the great spillway at Gatun, and this on the inside, 400 feet; lift, 40 feet, with is regulated by a gate which can be raised concrete walls 52 feet high and from 8 work. They are all either the choice or and lowered to allow the river to go on to 33 feet in thickness. The dry dock is the invention of Mr. Hugh L. Cooper. or be held back as the engineers will. 150 feet wide by 463 feet long.

The dams are thus great stone walls In the Assouan dam the water never flows over the top, but through the gates along this wall and gradually reach a much of the machinery for carrying it and through a canal at the side. When great building of concrete, which looks out. the gates are closed enough water is held like a mighty factory, or perhaps more back to form a lake 140 miles long, and like a marble palace, far out in the river. the amount of water thus held weighs It is, however, only one-third of the width more than 1,000,000,000 tons. At 100 of the river from the Missouri shore, the tons to the car it would take nearly dam extending from one end of it to the power plant in Brazil and with the com 10,000,000 cars to carry that water, and Illinois shore, which is more than nineif you loaded it all on one solid train, the tenths of a mile away. The power house ara. He had installed the turbines at cars would form a line reaching more is built parallel with the river. Its foun- McCalls Forry, Pa., when his attention than five times around the carth, or dations are in the bedrock about twentyfully one-third of the distance between five feet below the surface of the limehere and the moon. At flood time the stone bottom of the Mississippi, and the data sent out by the Keokuk and Hamilvolume of the Nile is so great, if it all height is that of a seventeen-story flat. ton Water Power company. To this data could be impounded, that it would fill that The building has four floors, and it has a was added the statement that all that lake in a day. The volume of the Missis- floor space of something like twenty sippi here is far less in flood times, being acres. The ceilings are exceedingly high only a bagatelle compared with that of on account of the mighty machinery, and on the bottom floor, where generators Keokuk Dam More Wonderful, are, I saw a traveling crane which can And still the works at Keokuk are more lift an entire turbine, and carry it from wonderful than those at Assouan, as to one end of the power house to the other. We first enter the generating room. the work they are doing in the industrial world. The Assouan dam is an irrigation This is filled with the mighty electric proposition. It has added 1,500,000 acres generators. Each of these is as big as of tillable land to the Nile valley and a haystack, and it rests over and is set has created a property worth many mil- in a great well of concrete and steel, tions. The Keokuk dam is a power plant, eighteen feet in diameter. This well con-It is a creator of working force, and tains the mighty turbine water wheel when the whole plant is completed it which is moved by the force of the Miswill have cost \$25,000,000. It will then have stastppl. The water is admitted to each a potentiality equal to that of \$10,000 turbine by four different openings, each horses, and its owners will soon be ready of which is protected by a screen and to put 300,000 horsepower on the market. guarded by a gate. The water so strikes They have already sold 90,000 horsepower the wheel that it has a spiral motion. to St. Louis, having made a contract to and as the turbine flies around it in turn supply the factories and other industries 10,000-house power, or to the force of 19,000 the Keckuk Power company, as a com- of these great turbines and their genuse of the river, has, according to its more than 300,000-horse power. Each of

of the public. The canal enables river vest the world, and, altogether, they would sels of all sizes to pass up and down the keep bright a milky way from the earth good whiskey sels of all sizes to pass up and down the stream, and the dry dock is, I am told, to the moon.

one of the largest interior dry docks in existence. The dry dock is situated be
existence. The dry dock is situated be
existence. The dry dock is situated beexistence. The dry dock is situated be- deficacy of the weighs 130,000 pounds and sale house. Don't be influenced tween the lock canal and the lows shore, single turbine weighs 130,000 pounds and sale house. Don't be influenced to the machinery shows it, a patent medicine instead of this and the Keokuk company agrees to fur- the wheel and the machinery above it, nish electricity which will keep it in oper- all of which rest on a single bearing, ation for all time to come. The company weigh more than 500,000 pounds. Think package. also gives the power to operate the canal. of balancing 250 tons on a single bearing, maceutical laboratories of Chicago. and that by a special power plant, so that and making it work with the uniformity it is said the government has received and exactness of a watch and you have benefits for its concession to use the river some conception of this turbine conequal in value to \$10,000,000 or \$15,000,000, struction

And now come with me for a walk over. Moreover, the whole is so carefully he works. I shall ask Dr. G. Walter regulated that the machinery automati-Barr of the Keckuk Water Power com- cally produces just the amount of power pany to go with us and explain some of required. Dr. Burn tells me that a few the details. He is the author of a little tone of more or less work at any point book entitled "Electric Power from the along the line witt affect the genera-



STEAMERS PASSING THROUGH THE LOCKS.

tors producing it. He says that whenever | there is only one thing more conserwative St. Louis the effect of that stoppage is Mr. Cooper needed, not \$2,000,000, but regulated by raising or lowering the gates given up the work had it not been that to the dam, and automatically by a sen- his wife at the last moment urged him sitive governor, which is connected with machinery so fine that the turbines are regulated to the exact amount of their load. This work is the result of experi- into the works and the present owners ments which cost altogether about \$2,000,-000 to bring about the present perfection.

Machinery Invented for Plant. Indeed, a great deal of the machinery at Keckuk was invented for this power

plant, and the turbines and much of the other machinery were made after plans which many engineers said could not the engineer in chief, and, I might say the originator and creator of the plant. There is a wall from the canal look It was his master mind which not only which runs to the power house. We pass designed the construction, but invented

Mr. Cooper began this work many years ago. He had already made a good record as an engineer in connection with electrical work in Jamaica, with a great was called to the possibility of damming was required for the work was a really big man with a score of million dollars

behind him. The data interested Mr. Cooper, He came here and looked over the ground. He then had his engineers survey the field and he himself digested millions of figures which the War department had made regarding this part of the viver. He then came to Keckuk, and after careful investigation decided that the job could be done if he could get the money. Then came the rub. It is said that

After the Age of Fifty

furnish that much for the period of nine- moves the generator above, producing a ually declines and the accumulated polyhorses all pulling together. When the should be promptly relieved and serious In addition to the electric plant itself, the Keckuk Power company, as a compensation to the United States for the pensation to the United States for the company and their aggregate force will be required to the company and their aggregate force will be required to the United States for the company and their aggregate force will be company and restoring physical vigor. "From your druggist get one ounce contract with the government, built here these generators creates enough electroris compound (in original sealed pack-a lock canal, and a dry dock for the use tricity to light an automobile road around age) and one ounce of ayrup Saraaparille on having the genuine Toris compound in the original one cunce, scaled, yellow package. Published by the Globe Phar-

Stop Foot Torture

Corns, Callouses, Bunions, Frost-bites, Aching and Sweaty Freet. A spoonful of CALOCIDE in a warm foot-bath gives to-stant relief. If used frequently brings permanent cure. Get a 25c box at any drug store.

dends for all time to come. It has an enormous market for its power, and its strat transmission lines will be feeders bis wife when he cleaves to her? to branch lines carrying this river of electricity into a score of cities. The ines so far built are to Burlington, Ia., and to St Louis, and I understand that these, with their feeders, will probably onsume all the horse power available PRANK G. CARPENTER. PRATTLE OF THE KIDDIES.

some is the property of investors in Canada, England, France and Belgium.

Teacher-Now, David, can you tell me that "Dr." stands for? David taged 7:-It depends on whether a pieco of pieis before or after a man's name.

ter has a new baby. How do you like being an uncle? Small Temmy-But I'm not an uncle.

Visitor-Indeed! Then what are you? Tell him dinner is waiting. Small Tommy-I'm an aunt. Sister's baby is a girl. See? Teacher-Johnny Binks, each month

od are growing worse with your arithmetic. When you are at home at night encounter with a bumble bee why don't you get your father to help you with your lessons?

Johnny-It won't do no good, ma'am.

world. A minor part of the stock is All pap knows about rithmetic is to figowned here in Keokuk, a great deal is ger out the bowlin' scores and the hat-

owned in Boston and New England and tin' averages. Small Fred-Say, paps, what does cleave Just what the company is stocked at mean?

and what is its bonded indebtedness I do Papa-It means to unite or adhere. not know, and there is but little doubt Small Fred-Does a man units a stick that it will eventually pay good, fat divi- of wood when he cleaves it? Papa-Oh, then it means to separate. Small Fred-Does a man separate from

> Papa-Run along to bed, son, "Thank you," said small Bobby, who had been given a piece of bread and but-

> ter by the woman next door. That's right, Robby," said the woman, I like to hear little boys say thank

"Mamma told me to say it if you gave me anything to eat, even if it was only bread and butter," rejoined the youngster. "But if you want to hear me say it again, you'll have to come across with

Willie's paps, a barber, is at home with Visitor-Well, Tommy, I hear your sis- the family, the day being Sunday. Marnina speaks: "Willie, your father is in the bathroom shaving himself. Go find out what is keeping him so long.

> After a minute Willie returns. 'Mom, pop can't come yet. He's tryin' to consince hisself he needs a shampoo."

> Small Fred had been worsted in an

"Mamma," he said, "I caught a big fly in the yard, and it had a rednot needle

Good Bowels Are An Aid to Growth

Growing Children Need a Mild Laxative to Foster Regular **Bowel Movement**

As a child grows older it requires more and more personal attention from the mother, and as functions of the bowels are of the utmost importance to health, great attention should be paid to them. Diet is of great importance, and the mother should watch the effect of certain foods. A food will constipute one and not another, and so we have a healthy food like eggs causing billousness to thousands, and a wholesome fruit like bananas constituting many. It is also to be considered that the child is growing, and great changes are taking place in the young man or young woman. The system has not yet settled itself to its later routine.

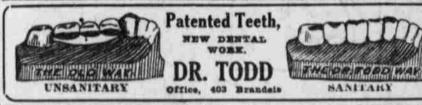
and one which every growing boy and ers it the right laxative for young and girl should be given often or occasion- old and has found none better for young ally, according to the individual circum- children. stances, is Dr. Caldwell's Syrup Pep- The use of Dr. Caldwell's Syrup Pep-



has thrived especially well on Dr. Cald-A very valuable remedy at this stage, well's Syrup Pepain. Mr. Dey consid-

sin. This is a laxative and tonic com- sin will teach you to avoid cathartics, bined, so mild that it is given to little salts and pills, as they are too harsh for babies, and yet equally effective in the the majority and their effect is only tommost robust constitution. At the first porary. Syrup Pepain brings permanent sign of a tendency to constipation give results and it can be conveniently oba small dose of Syrup Pepsin at night tained of any nearby druggist at fifty tors producing it. He says that whenever there is only one thing more conservative on retiring, and prompt action will foia young woman stops a street car in than \$1,000,000, and that is \$2,000,000. But
low in the morning. It not only acts are always guaranteed or money will be

away. When the street car stops the York and Philadelphia and Boston, but system generally, which is an opinion bottle can obtain it postpaid by addresstesimally slower, and when it starts kept on the job, being turned down N. J. He has a large family and at St., Monticello, III. A postal card with



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shown above is the most comfort-ie shaped made. Price, \$2.00 for null, \$2.50 for large, me thing. Gray Enameled Grants capacity. Price, 90 cents to White Granito Pans, with neck and cover, am per cut. \$1.50

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And White Frameled Granite. \$4.50
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than earthenware and less expense than granite. Very comfortable patient and has over eight quart patient and has over eight quart

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Rexall Kidney Curs, 50c, 89c
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