FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL OMB Number 3235-0104 Estimated average burden

				Section 16(a) of the Securities Exchange Act of 19	urities Exchange Act of 1934			esponse:	0.5	
				or Section 3	30(h) of the Investment Company Act of 1940					
1. Name and Address of Reporting Person* 2. Date of Event 1 (Month/Day/Year 09/20/2004				uiring Statement	3. Issuer Name and Ticker or Trading Symbol <u>ALLETE INC</u> [ALE]					
	LLETE PROPERTIES, INC. 315 METRO PARKWAY, SUITE 500 treet) ORT MYERS FL 33916				A. Relationship of Reporting Person(s) to Issu (Check all applicable) Director X Officer (give title below) President ALLET	10% Owner Other (specify	Ļ	5. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person		
			Т	able I - Non-D	erivative Securities Beneficially Ow	ned				
1. Title of Security (Instr. 4)				2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Fo (D) or Indirect (I	rm: Direct 4. (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)			
Common Stock					2,303.65(1)	D				
Common Stock					1,003.68(1)	I	Ву	By RSOP Trust		
Common Stock				1,235.27(1)	I	Ву	By Spouse			
			(e.ç		ivative Securities Beneficially Owne warrants, options, convertible secu					
			Expirat	Exercisable and on Date Day/Year)	3. Title and Amount of Securities Underlying (Instr. 4)	g Derivative Security	4. Conversion Exercise Price of Derivative	e Form: Direct (D) or		al
			Date Exercis	able Date	Title	Amount or Number of Shares	Security			
Employee Stock Option (right to buy)			(2)	02/03/2013	Common Stock	3,079	23.79	D		
Employee Stock Option (right to buy)			(3)	02/02/2014	Common Stock	3,708	37.76	D		

Explanation of Responses:

Total shown reflects the one-for-three reverse stock split effective at 12:00 noon EDT on September 20, 2004.
 50% vested on February 3, 2004, and the remaining 50% will vest on February 3, 2005.
 The option will vest in three equal installments on February 2, 2005, February 2, 2006 and February 2, 2007.

Remarks:

Ingrid K. Johnson for Laura A. Holquist ** Signature of Reporting Person

09/30/2004 Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 5 (b)(v).
** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

Know all by these presents, that the undersigned hereby constitutes and appoints each of Deborah A. Amberg, Ingrid K. Johnson, Christopher D. Anderson, Lyssa S. Sup: (1) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of ALLETE, Inc. (Company), Forms 3, 4, and 5 in accorda (2) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Forms 3, 4, or 5, compi (3) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best : The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, c The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Compar This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 28th day September, 2004.

/s/ Laura A. Holquist