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## The insolent alarm clock

 that went off at the wrong timeFor a litite witio it gave the call at $7 \mathrm{a} . \mathrm{m}$, and was useful. night and $20^{\circ}$ clock in the morning, it became a nuisance,
When tea or coffee stimulates the nerves at meallime it seems pleasant, but when it gives the wake-up call at midnight and eaves nerves hungering forsleep trid anempon, the pleasure is gone and serious harm is on the Thol Thousands of peopienhave
as pleasant and far more safe, 0 get the comfort of a hot mealime cup of Postum-and toknow that there's not going to be any rritation to nerves afterward

Postum is delicious and satsfying, and it contains no element hat can harm nerves or diges. ion. Postum is a safe and deightful drink for every member of the family, at any meal.



