When "No" Is Good Sometimes Isn't It Better At All Times?

A great many people have learned to say "No to tea or coffee at noon and at night--learned it at
the cost of jumping nerves and disturbed digestion. Thousands of others who passed through
That stare have learned to say "No" to tea and that stage have learned to say " No " to tea and
codifee all the time, and have found a most satisfaccory "Yes" in Postum.
Posrum's full, rich flavor delights the taste
and meets all the demands for a hot, mealtime and meets all the dermands for a hot, mealtime
drink, and it contains no element that can harm drimk, and it contains no element that can harm delghts of a hot cup of Postum with any meal. Whether or not the thein in tea or the caffeine has begun to serve warnings on you, profit by the experience of others and by ormation which any doctor can give y Suppose you make the test for ten days, with well-made Postum, and compare the "feel" with

 Postum for Health There's a Reason"
$\qquad$

## Sanitary Dairy

Use more milk, the best body and health builder in the
food line.

PURE JERSEY HERD

HOT CROSS BUNS
Good Friday, April 14th

Model Bakery<br>GET YOUR ORDER IN EARLY

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There are no "Set Speeches" in our Used Car Department Every car has its own history, its own limitations and its own advantages. We tell you so-and even the inexperienced buyer knows at once that he can count on square treatment.

## J.0. Newland \& Son <br> roseburg, oregon

## Riddle Ships Car of Broccoli



Playing with Fire

 and CLASSIFIED COLUMN


## SOK RKNE.

FOE sale.
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