## PUSY CAREER ENOS

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## EsSELS bult are manr



## The Mill

Grinds the Coffee And then-
Coffee begins its Grind with the human system, and usually turns out nervousness, sleeplessness, headache, heart flutter or some of many ther aches and pains.
It's caffeine in the coffee that does it-a poi-
nous drug, cumulative in its effects, and too sonous drug, cumulative in its effects, and too
powerful for most systems to thoroughly elimpowerf

Perhaps coffee hasn't finished with you, but wouldn't it be wise to quit it before results are serious, and instead use

## POSTUM

 make from prime wheat and a wee bit of wholesome molasses. It tastes much like high-grade Java, yet is absolutely drug free-no caffeine-not a harmful thing in it.Postum comes in two forms: Regular
Postum-must be boiled- 15 c and 25 c
made in the cup with hot water-
instantly - 30 c and 50 c tins. The cost
per cup is about the same for both
kinds- sold by Grocers everywhere.
With the return to better health from the change, you'll know of a surety

## "There's a Reason"

 for POSTUMPORTLAND BUSINESS DIRECTORY


