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# (2) If Coffee <br> Don't Agree <br> Use POSTUM 

A prominent Philadelphia physician says:<br>"If, on discontinuing coffee, you feel tired, languid, and 'out of sorts,' the coffee had better be forever continued, for you are on the verge of inebriety."

Thousands of people have taken warning and proved that coffee was the cause of their headaches, biliousness and nervousness.

A great many former coffee drinkers, feeling the need of a hot drink with meals, now use

## POSTUM

Aich, nourishing food-drink, with a delightful flavour much resembling high Orleans molasses: Contains no caffeine or any other drug.

Postum comes in two forms.
Regular Postum requires fifteen to twenty minutes boiling to bring out the rich flavour and food value.

Instant Postum requires no boiling, but is made instantly by stirring a teaspoonful of the soluble powder in a cup of hot water and adding cream and stugar to taste.

Drink it instead of Coffee
"There's a Reason"

TAKE NOTICE


Special Sale of Sample Suits and Cloaks 0 Tho tind payve , teen looling sono Samplit suitt $\$ 32.95$ suon sample sutat $\$ 27.95$
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