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## That $\swarrow$ Is True

"Coffee drinking almost ruined my health before a heart and nerve

"I am 53 years of age, and from boyhood up to about the year 1900 I was strong and well, could eat any kind of food day or night, slept soundly, and it was said that I had no nerves.
nervous. I took medicine, kept at work, and stuck to my coffee-the harm of it was never suggested to me.
one morning just after dressing I collapsed, and for six weeks improve, but became worse. My heart got very bad, so weak at times tha I would faint. I also suffered from constipation.
"In February, 1908, I was obliged to resign my position as manager.
"Finally in July, 1911, I came to San Francisco to consult the bestit heart and nerve specialist.to be found, and was directed to Dr. He made a thorough examination and several blood tests. He told me
that the trouble was with my heart and nerves-brought about by coffee; that the trouble was with my heart and nerves-brought about by coffee;
that the caffeine contained in coffee was poison to me; and to stop the use of coffee absolutely and immediately. Since that time I have not tasted ne drop of coffee.
"When I stopped coffee, I thought, what shall I drink. Milk has a tendency to constipate me; cold water is all right in its place, but it doesn't belong on the breakfast table. So I concluded to try Postum. It
is delicious with cream and sugar. I drink it whenever I can find it, and I enjoy it as well as I once did coffee.

> "My normal weight was about 170 lbs . and I had been as low as 133. In three weeks I was greatly improved; in six months I began to feel like my old self, and now, ten months after I stopped coffee, I am about well and weigh 178 lbs I have not been constipated once-not once! My stomach seems as good as ever; I sleep well, feel well, and I am well.

I am sure my good doctor's advice, 'stop coffee,' is the secret of my
"Of course I 'hâve it in' for coffee, and why shouldn't I? See what it cost me, my health, position and thousands of dollars.
"Now in conclusion, your are at liberty to use my name any way you wish. I enclose names of my doctors. My only object is to help other af-
flicted persons. I don't want any compensation, and would not any."

LARAMIE MAYER,
703 Jackson St.
Oakland, Calif.

## NUTTING WILL ENTER

ALBANY MAYORALTY RACE



 REEVES WOULD LIKE A TRIP ON THE OREGON






BLEACHED DAMASK quality Comes full 60 in excellen and with a fine mercerized finish A special value for this sal

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BLEACHED DAMASK, full 70 ins. wide, shown in a large assortment
floral, figured and dot designs. linen-finish damask. cial, yard
bleached damask that is at





## Annual November Sale Thanksgiving Linens

What home is there that now-today-doesn't need some thing in Linens for Thanksgiving? A Tablecloth that has utlived its usefulness and needs replacing, or another se of Napkins, some Doilies, and so on right through the list of Thanksgiving needfuls for the dining-room. This No ember sale of Thanksgiving Linens offers substantial conomies on something that is needed. The items below are typical of a hundred others embraced in this sale. BLEACHED DAMASK that is all pure linen in beautiful designs, scrolls, stripes, flomes figures and dots. This is our leader and is an unmatched
low price, the yard ............ 1.01 NAPKINS to match the above damask, size BLEACHED DAMASK that is all pure linen and full seventy-two inches wide. Very heavy and extra fine, shown only in choice new designs. This is a strictly high-grade damask morrow, a yard
$\$ 1.25$ with 36 inches square and are finished Shown with hemstitched and scatloped


## Complete New Lines

 SPRINGFELLD, AMERICAN BEAUTY AND RICHELIEU ARE THE AEADING BRANDS
 $\$ 1.50$


 Richelieu Union Suits $\boldsymbol{\$ 1 . 0 0}$ to $\$ 2.00$ Suit


UNION SUITS OF THE BETTER STYLE, FIT AND COMFORT. The thinly adapted to the season's fashions. There are perfect smoothness and comiort. splendidy garments are made of the softest, most durable, fine-ribbed materials, and are shown in all sizes and styles. We've a large supply on hánd for quick selling. Be sure and see these imRichelieu Union Suits of 1

| Richelieu Union Suits of medium weight cot- | Richelieu Union Suits shown in low nee |
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| ton, shown in all styles, low or high neck, | sleeveless styles, in ankle or knee 1 |
| r short sleeves and in ankle | de with fine lisle top and heavy |
|  | pants. |
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Lowered Prices on the Choicest Weaves in Woolen Dress Goods


Only the worthiest kinds are here, and these we offer to you at money-saving ${ }^{\text {prices. }}$
weaves fashioned by the cleverest of foreign and domestic manufacturers, beautiful new
creations that of fabric beauty. Come and inspect and ad admire to your heart's conty. Come and inspect and 'ad-

delighted to show you the very latest us only too great world centers of fashion. Come, acquaint yourself offered. Compare values with those you meet are now we leave to your own good judgment. | 50c SERGES AT 39e |
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