

Better Nights and Brighter Mornings
follow the family change from coffee to

## Postum Cereal

This old and €avorite meal-time drink makes an attractive beverage which can be shared by all the family with no fear of any of coffee's harm to health. Boil Postum Cereal a full fifteen minutes, then serve with cream or milk and sugar if desired So many are making this change to the benefit of both health and purse, you, too. should be interested Grocers everywhere sell P Postum Cereal Ihdélby Postum Cereal Company, lnc, Battle Creek, Mich.

H.C.L. STRIKSSKEENIY:
IN TURNSH HAREMS


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tho Harding homen and the erowd nany
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roreds and thanked them for their de-

TUG SPEEDS FROM BERMUDA TO HELP DISABLED VESSEL. simplex sunbowl ELECTRIC RADIATOR


REMEMBER to ask your Powder and be calumet Baking Powder and be sure that you get it -the Indian Head on the orange label.
Then forget about bake day failures. For you will never have any. Calumet always produces the
sweetest and most palatable food

It never varies in quality And now remember, you always use less than of most other brands
because it possesses greater leavbecause it possesses greater leav-,
ening strength.

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- Cormer

There is no waste. If a recipe calls for one egg - two cups of flour - half a cuup of milk - that o all Calumet is absolutely sure. In any baking-any time, whether the can has
just been opened or whether it is the just been open
Contains only such ingredients as have been officially approved by U.S.
Food Authorities - and is the product of the larget, most modern and
anitary Bakire Pinder Factories in existence.
A pound can of Calumet contains full 16 oz . Some baking powders come in $\frac{12}{\mathrm{oz} \text {. cans instead of }} 16 \mathrm{oz}$ cans. $\frac{\mathrm{Be}}{\text { sure you get a pound when you want it. }}$


## Too Weak to Do Anything

The ordinary every-day life of most women is a ceaseless treadmil of work. How much harder the tasks become when some derangehe nervous Every women in this condition should profit by the experience of hese two women whose letters follow.

Read the Experience of These Two Women Reading, Ph.-"I had orgauic inflam- Gainesville, Tex. - "For three year
mation, pains in the sido aníd back I zuffered uptold agouy each mont which, were so sharp that they pulted with pains in my side. I found only
me to my knees, and I could not walk. temporary relief in doctors medicine
 in the eight years I suffered I had four mand and 1 saw an advertisement on mother-in-law idvised me to take Lydy Lycun E Pinkhamis Vegetabie Com. was then in bed, and after the first good results, and ad wised me to try it.
bottle I could be out of bed then I I was then fn bed patit of the time, and Look Vegetable Compound Tablets and my doctor said I would have to be oper-


 treet, Heading. Pa Ginesville, Texis. Ailing Women Should Not Experiment-But Insist Upon

## Ludia E.Pinkham's

