


## Tired and Nervous-from the Lack of Sleep? Do You Know the Reason Why?

Sleep time is the time when the reconstructive processes in your body are busiest-turning and living cells.

That's the reason why lack of sleep makes you irritable, inefficient and nervous; and why you lack "punch" when you don't get a proper amount of the right kind of sleep.
It has been the experience of many that the cup of tea or coffee, taken at meal-time, robs them of sleep.

In Gould and Pyie's Cyclopedia of Medicine and Surgery you'll find that "caffein is a rapidly acting stimulant to the brain and spinal cord, quickens the action of the heart, and raises blood pres

This makes it a very good medicine if prescribed by a doctor for cases of collapse, when a pa-
tient needs to have his system abnormally forced into activity. But caffeine is not good for
people whose systems don't need to be drugged.

Soif you don't get your proper you are being may be because tea or coffee.
Stop tea and coffee for awhile and drink Postum-the delicious cereal beverage.
Postum is a pure cereal prod uct, and contains no harmful taste of Postum will sur pre please you Mwy surprise and the flavor of Postum to that of coffee.

Order Postum from your grofreshing beverink this hot, re or cof a for tage in place of tea what a wonderful difference will make, in the way you feel.

Poatum (in tino) mado intuantiy in the cup by



## Labor Day Dance

## Thursday Evening August 25

Union Hall

Payant's Orchestra
Each Ticket Good for 100 Votes for Your Choice of Labor Day Queen

