



## "After that," said the man, "It's not the mule's fault"

Blame for injury depends on how much chance the victim had to make himself safe

The first time a mule kicks me, said a wise man, it's th mule's fault. If it happens again it's my fault.
A good many people are staying within kicking distance of chance to know better.
They have learned that tea or coffee at night keeps them awake. They know it whips up medical opinion has so often said about the effect of the drug element in tea and coffee upon the nervous system-and how indigestion, headaches, high blood pressure and various ills so ofte Knowing this, they fail tokeep out of the way. Where does the
blame belong, then, when the final break-down comes?

There's safety in Postum, and charm, too. Postum has a full rich flter grades much like that of the free from any harmful element whatsoever.
Whether or not you've had your warning from tea or coffee, why not step over on the safe side? Why not do what so many for ten days, learn how Posturn ful and satisfying it is - and learn how much improvement there can be for you?
You can get Postum whereve good food and drink are sold or served, and it only takes a
word from you to your grocer or restaurant waiter, to make this move to the safe side, at once.


## Postum for Health

Made by Postum Cereal Company, In Battle Creek, Michigan


Rub The Chest For Deep.Heavy Colds When a cold gets deep-
threatens to become bronchitis or pneumonia-rub Vicks well in, cover with a
hot flannel cloth, and fix the
bedding loosely about the



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