
the centre reporter, centre hall. pa.


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 Green mountain ASTHMA





Hia wite Ye ano o.
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 Says Davis








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Do you hear
the clock strike the night hours?
$\mathrm{H}_{\text {it }}^{\text {ow ofeens you have heard peorlo eavy "I } \text { " cant drink coffee }}$ perience; have you?

If you are a coffee drinker and fail to get sound restful sleep. It means that ycar nerves are over-stimulated and that health needs protection from coffee's drug, caffeine.

There's no sacrifice in making health safe, as so many thousands have found who have turned from coffee to Postum. It has a delightful coffee-like flavor, and is free from any element that can harm you. As thany cups as you like, and no regrets.
Your grocer has Postum in two forms: Instant Postum(in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink

Postum $\overline{\text { EOR HENLTH }}$
"There's a Reason"
Made by Postum Cereal Co., Inc., Battle Creek, Mich.

