

Some Victims of La Grippe Never Fully Recover the Health of the Langs Shade Troes and Oramentar shrube
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## Here's

 Where Coffee Belong'sThe active principle in coffee is caffeine, and druggists and physicians put it in
medicine case along with other drugs.

Thousands of coffee drinkers are feeling the effects of the drug in nervousness, biliousness, dull headaches, sleeplessness, "coffeeeart," etc.
There's only one sensible thing to dofree, nourishing, delightful beverage, use

## Instant Postum

Made from whole wheat, with a bit of wholesome molasses.

Postum comes in two forms: Instant Postum, soluble, made in the cup Cereal, has to be well boiled, 15 c and 25 c packages. Both are equally delicious, and cost per cup about the same.

Postum has pointed the way to freedom from coffee ills for thousands-
"There's a Reason"
-sold by Grocers everywhere.

