

A.M.

High Tide....10.24 Low Tide4.49 Sun Rises..... 5.54 Sun Sets6.56 Time used is Atlantic Standard.

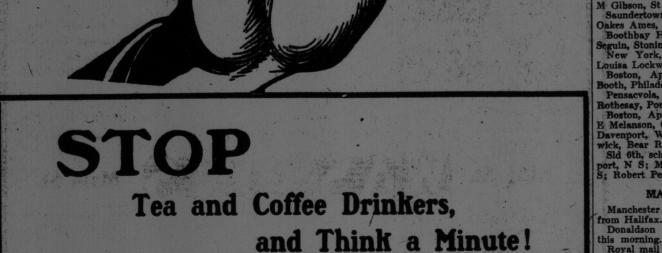
> PORT OF ST JOHN. Arrived Yesterday.

MC 2035 POOR DOCUMENT

eny of scarfs and some ribbon. Af-being sentenced to three months she aled and bonds were furnished for

es to getting people there we ged to fall back on the doctors.

"While you were standing in the doo ray, telling the sweet young thing good ight, did it ever dawn upon you..." "Oh, no! I never stayed that late."



Some persons seem able, for a time at least, to get along with tea and coffee, but they contain a subtle, habit-forming drug, caffeine, which sooner or later is pretty sure to rob one of health and comfort.

If you know tea and coffee don't harm you-if you feel prime and fit under their continued use, well and good-stick to 'em.

But-if you are sometimes a bit "off color," and irritable nerves, disturbed heart action, biliousness, headache, or symptons of liver or kidney trouble make you wonder what's the matter-

Better find out what Tea or coffee has to do with it

Some people are learning the truth about tea and coffee, for there's a mighty army of former tes and coffee drinkers who now use



Postum, made of whole wheat and a bit of molasses, is a delicious table beverage abso-Intely free from the drugs, caffeine and tannin, which make tea and coffee a menace to health.

If you are interested in bettering yourself-think it over!

Postum now comes in two forms.

Regular Postum-must be well boiled. 15c and 25c packages.

Instant Postum-a soluble powder, requires no boiling. 30c and 50e tins.

The cost per cap of both kinds is about the same.

"There's a Reason" for Postum --sold by Grocers everywhere.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.



get it now and save 25 per cent.



Fred