



THREE FRIENDS

Marie, Postum and Jack

(A story of fiction bristling with facts)

"Yes, Postum is one of our best friends, Jack, because it made our marriage possible.

"When we first met, you remember, I was rather a sorry specimen.

"Thin, sallow and so nervous and irritable that I must have been an unpleasant nuisance to everyone.

"Then came the knowledge that tea and coffee had broken down my nervous system and were slowly killing me.

"Within a week after the change to Postum I began to digest my food because the old poison—caffeine, in tea and coffee—was withdrawn and my whole nervous system began to rebuild, and I grew round and comfortable. As a nervous wreck I could never hope to win you for a husband, Jack. But now all is changed and we are happy and healthy."

Nowadays Postum comes in powdered form—called

INSTANT POSTUM

A teaspoonful stirred in hot water makes a perfect cup *instantly*.

"There's a Reason"

Postum Cereal Company, Limited,
Battle Creek, Mich., U. S. A.

Canadian Postum Cereal Co., Ltd.,
Windsor, Ontario, Canada

Send grocer's
name and 2c stamp
for postage, for
5-cup Sample Tin.