## Health in POSTUII

There's no injurious caffeine (the drug in tea and coffee) or other harmful ingredient in this famous Table Beverage.
Thousands of housewives are learning that not only economy of purse but better health follows the change to Postum.

Among the many common ailments caused by thoughtless habits of living are
headache, listlessness, indigestion, irritability, sleeplessness, and other disagreeable symptoms of disturbed nerves, digestion and circulation, often due to tea and coffee drinking.
If interested in health and the good
hings that naturally go with it, why not try things that naturally go with it, why no
a package of Postum from your grocer.
a package of Postum
For seventeen years Postum has proven a good friend to former tea and coffee drinkers who felt something was wrong, but didn't know the cause.

## s , Etc.

Highlanders
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Big Railway
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