

Why POSTUM Instead of Coffee

Better Nerves	Better Digestion
Less Biliousness	Less Headache
Sound Sleep	Clear Brain
Steady Heart Action	

If you are a coffee drinker, and find discomfort or symptoms of disease are "on your trail," it would be a good idea to think of the drug, caffeine, about 2½ grains of which is taken with every cup of coffee.

The pure food-drink, **POSTUM**, made only of wheat and a bit of molasses, has a rich, Java-like flavour, but is absolutely free from the tea and coffee drug, caffeine, or any other harmful ingredient.

Postum now comes in two forms:

Regular Postum—must be boiled.
Instant Postum—a soluble powder.

A teaspoonful of the powder stirred in a cup of hot water—with cream and sugar—makes instantly a delightful beverage.

A great army of former coffee drinkers now use **POSTUM**.

"There's a Reason"

