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Those Must Pay In

There's a settlement in profit or nearly every indulgence.

Sometimes the pay day is long deferred, and in that case the settlement may bear compound interest.

Often a payment in ill health is required for the dance had with tea or coffee during earlier years. Sometimes the collection comes in sleeplessness, sometimes in headaches, sometimes in high blood pressure, or in nervous indigestion—sometimes in all these penalties.

Nerves won't always stand the whipping of tea and coffee's drug, caffeine.

If you've been dancing to tea or coffee's fiducial why keep on till payment time comes? If you're beginning to pay, now, why not cancel the contract?

There's an easy and pleasant way to avoid tea and coffee's penalties, as thousands have found who have changed to Postum. It is a delight with any meal—rich, comforting and satisfying—and it never harms. Even the little children can have a breakfast cup of Postum, with no fear for what may happen to sensitive nerves.

Instead of paying penalties for your meal-time drink, let it pay benefits to you, by giving natural health a full chance—and begin the new arrangement today. Any grocer will sell you, or any good restaurant will serve you Postum.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health
"There's a Reason"

In judging the... points was used: one-half point for each 5 cwt. of roots; quality 10 points, cultivation 20 points, and records 40 points. Cultivation and records were thus made the strong feature of the work.

An arrangement was made whereby the... accompanied the local supervisor and judge from plot to plot. In several instances during the judging, the supervisors of adjoining clubs brought their members along. The opportunity thus afforded for comparison aroused keen rivalry, and many a competitor who had a poor plot, on seeing a good one and listening to the complimentary remarks of the judge, resolved to do better next year. Each school was allotted a first, second and third prize, while each group of schools was awarded three prizes for the three best crops in the group. There were also three championship prizes for the three best crops in the whole district. A handsome challenge shield was also presented by a business firm to the school securing the highest aggregate number of points.

In addition to field root clubs, calf clubs are being started for the coming season and are attracting good entries. Accounts that have appeared from time to time in the Agricultural Gazette of the method of conducting Boys' and Girls' clubs in Canada were of much assistance in planning the work in New Zealand.

Recruits for the Guards Regiment must be of British birth.

ISSUE No. 1—'22.



ASPIRIN

WARNING! Always say "Bayer" when you buy Aspirin.

Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an unbroken "Bayer" package which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Neuralgia Rheumatism
Toothache Neuritis Pain! Pain

Handy "Bayer" boxes of 12 tablets—... and 100—All druggists.
Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Acetylsalicylic Acid. While it is well known that Aspirin means Bayer manufacture, to assist the public again, imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."