## Whatever Individual Thought May Be

on the general merits of coffee as a table beverage for all the family—

Individual observation inevitably leads to the conclusions that among adults, coffee does sometimes re-act harmfully; and that with children, coffee is indeed a dangerous servant.

Where coffee is contraindicated, a safe and satisfying alternative is found in

## INSTANT POSTUM

The agreeable coffee-like flavor conveys no sense of loss from taste; the absence of coffee alkaloids, insures freedom from ill results; and its composition from different parts of wheat, roasted with molasses, naturally provides some nourishing value.

## Users of Postum Are Its Best Advocates "There's a Reason"

Samples of Instant Postum Grape-Nuts, and Post Toasties, for personal and clinical examination, will be sent on request to any physician who has not received them.

Canadian Postum Cereal Co, Limited Windsor, Ontario