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## Light On A **Dangerous Habit**

Prominent periodicals everywhere are daily exposing the harmful effects of the drug, caffeine, in tea and coffee

Physicians, food experts, medical writers and editors largely agree that of the 11/2 to 3 grains of caffeine in the average cup for the many troubles, such as sleepless yous prostration, heart palpitation, indigestion, etc., that subtly most regular tea and coffee drinkers.

Some people seemingly hold up under regular tea and coffee drinking without serious results, but modern thinkers, with respect for the fundamentals of health and longevity, are daily changing to

## POSTUM

It is a pure food-drink made from wheat and a little wholesome mocontains no coffeine or other injurious drug

When properly made, Postum has a flavor so delicious and snappy that one is inclined to forget tea and coffee within a very short time.

POSTUM comes in two forms: The original, POSTUM CEREAL, requires thorough boiling, 15c. and 25c. packages; INSTANT POSTUM, the soluble form, is made in the cup with boiling water, 30c. and 50c. tins. Both kinds are equally delicious and the cost per cup is about the same.

Better appetite, steadier nerves, brighter days are scheduled for those who quit tea and coffee. A 10 days' trial shows.

London, Oct. 17—Although there is very heavy fighting at some points along the eastern front, as well as in the west, the Austro-German and Bulgarian invasions of Serbia, and the efforts of the British and French generals to bring help to their ally before it is too late, con-tinues to occupy the chief attention of the peoples of the belligerent countries. of the peoples of the belligerent countries. The Serbians are being helped by the weather, which is cold and win-ter like. The rains have set in and are impeding the movement of troops and guns, which, at the best, must be slow over what answer for roads in the Balkan States. The Germans, however, claim to have taken the heights south of Bel-grade, while along the Danube the army of Gen. Von Gallwitz is push-ing the Serbians back. The Bulgarians also lay claim to a rapid advance into Macedonia, al-though the French are already re-ported to be in contact with them at Gievgeli, while both the French and British continue to land troops at Saloniki.

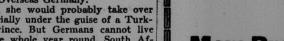
and British continue to land troops at Saloniki. Neither Russian nor Italian assist-ance has yet developed, but the It-alians have begun a more vigorous offensive along their frontier, and have captured Pregasina, an impor-tant advanced point of the fortified Riva group on Lake Garda. This will be of indirect aid to Serbia, pre-venting, as it does the movement of any more Austrian troops from that frontier.

The Germans have taken the offensive south of Riga and say they have forced the Russians out of their positions, capturing a large number of prisoners and some guns. On the rest of the eastern front the of-fensive remains in the hands of the the rest of the eastern front the of-fensive remains in the hands of the Russians, who are attacking west of Dvinisk, in the centre and to the south of the Pripet river. On the whole, it appears to ob-servers here as if the Germans were satisfied merely to hold their present line, except in the north, where they have made repeated attempts to take Dvinsk. This would mean the fall of Riga, and would compel the Rus-sians to withdraw behind the Dvina river. This ambition has al-ready cost the Germans many thou-sands of men, but they keep on trying, first in the north, then in the south, and then on the Dvinsk front. At present their attacks are develop-ing the greatest force in the north. There is somewhat of a lull in Flanders and Champage on the western front, probably the calm be-fore the storm of shells. Except for the gaining an im-portant barricade in Artois, activity, for the moment has been transfer-red to Lorraine, and to the Vosges, where the Germans have again with-drawn from Hartmanns-Weilerkopf, which has changed hands many times.

Petrograd, Oct. 16-British submarines operating in the Baltic Sea have sunk five German trans-



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