

The First Step Away
From Tea and Coffee Troubles Fill in this Coupon and Mail it.


When the burden of troubles from tea and coffee drinking, becomes to great, and irritable heart, disordered digestion and "fussed-up" nerves are
Nature's warning to halt, the natural, easy way back to health and comfort great, and
Nature's warning to halt, the
is to stop tea and coffee and us

## Instant Postum

This pure food-drink has a distinctive rich flavour, but
drug, caffeine-the tea and coffee drinker's cause of trouble. Postum is made of Northern wheat and the juice of Southern sugar cane.

Instant Postum requires no boiling
A spoonful in a cup of hot water, with sugar and cream to taste, and
have "quick as a wink" a delicious drink. you have "quick as a wink" a delicious drink.
"There's a Reason" for POSTUM.
Sold by Grocers Everywhere.


## Spring Suitings ARE HERE



Anglo-American Telegraph Company.

## CalleLotiterService To Cuba.

Telegrams in plain English or Spanish due for delivery within twenty-four hours are accepted at following rates:-
havana, Two Dollars and Ten Cents $\$(2.10)$ for twenty (20) words and five cents ( 5 c .) for each additional word.
For other places, except Caimanera, Guantanamo and Playadel-Este, the charge will be 5 cts. per word additional, with the same minimum of 20 words.
R. C. SMITH,

General Superintendent.

## mar22,6i,eod

| ed At By Sailor. | Not |
| :---: | :---: |
| Cesterday about one o'clock a young | The two men, Maurice and Edward |
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| d. The former is | ds as re |
| amster and was accosted ${ }^{\text {a }}$ by a | are Syrians and |
|  | Who is so years old, is marrried, and |
| Who was intoxicated. The sallor | 15 sia |
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Fresh New Croceries for Easter.
New Zealand Table Butter.
Moir's \& Lowney's Confection- New Walnuts, Brazil, etc.
ery.

