## 5 Seamless Roaster <br> Fish, Meat or Fowl    

King Alfonso's Story.


## England's New Hope

## New Comet Coming




| Buffett Parson- | The Chorus Girl | The Bivine Presence. | Bank Fisher |
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| age Subsriptions. | Ret |  |  |



## What

 Is It? The usual cup of tea or coffee con-tains from $11 / 2$ to 3 grains of caffeine, a drug which often produces aches, ails drug which often produces aches, anis quickly overcome by using well-made
Postum. Postum.
One of the most pleasing features of this change from tea and coffee to Post
um is the total absence of a sense of something missed.

But more important is that "good all over" feeling of returning health; and it's the finest trade possible to quit tea
 and coffee and get we
Postum, made of prime wheat and a small per cent of New Orleans molasses, is a pure-food drink. It is wholesome and nourishing; and has a dolici-
ous, snappy flavour, but is entirely free from the drug, caffeine, in tea and
coffee coffee

Anyone can make a stand for the old fashioned fun that comes with health
"There's a Reason" for POSTUM

## 

 Regular Postum-must be boiled 15 to 20 minutes.Instant Postum-is a soluble powder. A scant teaspoonful stirred in a cup
hot water dissolves instantly. hot water dissolves instantly
The convenience of Instant Postum is apparent. But, when prepared ac-
ording to directions, both kinds are exactly the same. The cost per cup is about equal.
-Grocers everywhere sell both kinds.

Sunday Evening at Wesley Church

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