FOUR

The Necessities of Life

USIC is one of the necessities of life. Since the birth of man, among civilized and uncivilized alike, music more than any other influence. has soothed, inspired and stimulated the race.

It is time that you awoke and realized that you NEED music NOW. After the day's work is over, an evening of Music in your home will amply repay you anything you have to spend to get it, for it will rest you, strengthen you, and multiply your efficiency. And Music in FINE and BENEFICIAL form is yours to command, thanks to

The "VICTROLA"

It will repay its moderate cost to you many times. You WANT a Victrola, you NEED a Victrola, and you can GET a Victrola for the modest sum of



THE BALANCE TO BE PAID IN EASY TERMS

We carry Victroles in all styles and prices. The MASON & RISCH VICTROLA SERVICE is established with the view of making the possession of this wonderful instrument EASY, and well does it accomplish this

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248 DUNDAS STREET.

LONDON.

BLYTH PASTOR ASKED

Class, members and officers of the day in his former home, Palmerston, Methodist Sunday school drove out to Methodist Sund H. H. Smith's on Wednesday evening and spent a social time in games of various kinds, having an enjoyable

A deputation from the various agr ultural societies of North Huron waited on A. H. Musgrave, M. P. P., at Wingham, for the purpose of discussing the proposition of the Ontario Government discontinuing the grants to agricultural societies. President Vm. Pollock and Secretary William Jackson represented the Blyth society. At the regular meeting of the Methodist Quarterly Board, Rev. G. Jewitt was invited to remain a fourth year, which he accepted, subject to the action of the stationing committee. preached a splendid preparatory ser- advances. non at the Presbyterian Church here

Henry Young, R. B. McGowan and prisoner was allowed freedom on bail of a Laidlaw will also take place. \$2,000. the Commercial Hotel last night, Many the trial.

from the town and vicinity took adcantage of this means of assisting the ground. A scuffle ensued, and two permit of further debate TO TAKE FOURTH TERM Red Cross movement. The receipts

A. M. Curthew, manager of the

KINCARDINE FARMER

Special to The Advertiser. WALKERTON, Feb. 19 .- David Rob-

today sent up for trial by Magistrate ents. Shorkey is not considered of the open to them. Totton on a charge of attempted rape brightest mentality. on Ethel Gulliver, a girl under 14 years of age, from the Barnado Home. The girl lived across the road from Robertson, with a neighbor named McKenzie, McKenzie was away from home on ing at Bath, lost his life in endeavor-January 15 last, and Robertson, accord- ing to save his brother Oscar, aged going vessels and qualify as such. ing to the girl's story, came to the nineteen. Oscar ventured out on the

on Thursday evening. Sacrament will hands of Constable Joseph Armstrong. dispensed next Sabbath morning. O. E. Klein defended the prisoner. No cutting ice. The induction of the three new elders: evidence was given by the defence. The

St. Michael's congregation held a Inspector Hodgins, of the home, took

MANSLAUGHTER LIKELY TO BE CHARGE LAID ARMY SOCK SUPPLY

Sharkey Claims Slain Indian Altman Attacked Him-Many Witnesses.

Soldiers. [Special to The Advertiser.]

SARNIA, Feb. 19. - The charge that will probably be laid against Sidney Shorkey, now in Port Huron jail for PEEVED AT SUGGESTION Russell's Island, opposite Algonac, Mich., on Wednesday night, will be manslaughter. Sheriff Maines spent Does Not Agree With Thursday at the scene of the crime, nvestigating the details which led up

According to a statement made by an officer today, Shorkey was employed by the Detroit concern which

Indians. It is further alleged that the Indians did not take kindly to the order, as they had been accustomed. It looked as if the Liberal member morgue details of the tragedy, and has learned ing the day and was pertially intoxicated when he started across Russel's Island, and passed the sharty

occupied by Shorkey.

Ahead of Altman were two squaws, the trip across the island, and when they reached the Shorkey shanty the declared that socks should be supplied

Bad Blood Between Them, Shorkey appeared as a witness against Altman when the latter had been ar-

weapon.

First Fired in Ground.

more shots were fired by Shorkey, and one of them pierced Altman's heart.

LOST LIFE SAVING BROTHER. KINGSTON, Feb. 19.—Walter Bab-cock, aged 22, son of Ira Babcock, liv-Kev. Mr. Richardson, of Kippen, house, and finding the girl alone, made lake on some thin ice and went down. In his attempt to save him Walter The Government put the case in the went down, but Oscar was pulled out by some other young men who were

DUKE OF MANCHESTER ILL. very successful patriotic supper at the girl back to Toronto with him until from pleurisy, was reported as slight-

Says Canadians Are As Well Clothed As the British

Mr. Perley's Plea.

[Special to The Advertiser.] It also appears that in winter for many years the Indians residing on Walpole Island have been accustomed by Borden grew testy today. Hon, George was in stituted on both sides of search was instituted on both sides of is survived by a widow. Prior to comchased Russell's Island, as caretaker. Government was asked to see that play. Mrs. Higginson came to Windsor to make a short-cut across the island H. Perley, writing from England, asked the river.

to cross the island for several decades. had stumbled into a difference between Sheriff Maines has pieced together the two distinguished members of the service for several years. that Altman had been in Algonac dur- Government. Of course, Mr. Turriff sel's Island, and passed the shanty his remarks. He called the attention of the House to an article in a Montreal Ahead of Altman were two squaws, paper which, under the headline, "Our one of them the wife of Altman's bro- Sockless Soldiers," recited an appeal ther. It is alleged that the Indian was to the Canadian public for comforts for playfully shoving the squaws about on Canadian soldiers, especially heavy and it should not have been necessary to appeal for them; certainly our sol-There had been bad blood between diers should not be compelled to go Shorkey and Altman, it is alleged, due without socks wearing the kind of boots fact that several years ago which had been provided for them.

Same as British Army. Sir Robert Borden, obviously disturbed, declared that if Mr. Turring Shorkey, it is alleged, ordered the had taken the trouble to inquire, he Indian off the island, and the latter would have learned that Canadian solrefused to go, making the statement diers were provided with clothes and that they had been accustomed to comforts on the same scale as the Brit- form the task allotted to him. cross the island during the winter for the past fifty years. Warm words followed, and the two squaws, who had credit on the Canadian Government. stopped when the altercation started, Mr. Turriff should be aware that in teemed advisors. hurried on their way to Walpole Britain as in Canada, private individuals and associations were supplying It is stated that before Shorkey went comforts and extra articles of clothing out of the shanty to intercept Altman for soldiers. Under the difficult condiwho was sitting in the shanty with the soldiers should be supplied with all Shorkey, advised him not to take the the comforts possible. No one should weapon.

Shorkey, advised him not to take the the comforts possible. No one should and women of Indiana, were presented and women of Indiana, were presented and bowels and straighten you up better. The owner to the Legislature here today. A bill and bowels and straighten you up better. find fault with private contributions; to the Legislature here today. A bill and bowels and straighten you up better Mr. Perley's appeal was for entirely providing

Shorkey, it is alleged, began to patriotic and voluntary donations, bush Altman towards the Canadian When Mr. Turriff sought to repl When Mr. Turriff sought to reply to side onto the ice, and at the same time the Premier the speaker intervened fired one shot, presumably into to and declared that the rules did not

Extended Zone for Ships. Enlargement of the radius of coast-While the altercatiaon was in prog- ing voyages by Canadian craft was BLYTH, Feb. 19.—The Adult Bible Bank of Hamilton here, spent Thurs- ress two more Indians and a squaw proposed by a bill introduced by Mr. the first shot they hid in the grass, and Atlantic the limit was the Amazor KINCARDINE FARMER

witnessed the tragedy, According to River and on the Pacific it was Porttheir story Altman must have walked land, Oregon, Mr. Sinclair said that to enable Canadian shipping to take let. The alarm was then given, and full advantage of the Panama Canal later Shorkey was placed under ar- and to participate in the big South rest by Marshal Cunningham, of Al- American trade which was developing gonac. The Indians who were hiding masters of Canadian coasting craft ertson, a middle-aged farmer and in the grass say they saw two flashes, should be allowed to clear for ports bachelor, of Kincardine Township, was but could not distinguish the belliger- further to the south than those now

The Minister of Marine replied that Canada, at London last summer, had become party to an agreement for the safety of life at sea, which provided that vessels sailing more than 200 miles off shore must be regarded as foreignvessel sailing from Halifax to Brazil went 700 miles from land, and therefore could hardly be called a coasting vessel.

New Legislation Proposed. In a new shipping bill which was un der preparation, it was proposed to introduce a new class of voyage, called LONDON, Feb. 19.—10:02 p.m.—The "limited foreign going voyages" which Duke of Manchester, who is suffering would be applicable to trips by Canadian vessels to the West Indies and to

South America. Mr. Sinclair asked if the Government would have the new bill enacted this session; and the minister replied that such was not the intention of the Government, as this was a war session However, as there was some importance in the proposal by Mr. Sinclair, his bill should be considered by the marine committee, and on his motion it was

sent to that committee. Heavy Penalty Proposed. That persons committing fraud in filling contracts for military goods should be liable to two years' imprison ment or a \$5,000 fine, was proposed b another bill, introduced by Mr. Sinclair Contractors doing business with either the British or the Canadian Government are made liable and in the case of corporations, the officers are liabl to the punishment. Mr. Sinclair said that he did not know to what extent frauds of this kind were being committed, but if the press and public reports were to be believed, there had een such cases. As confirmation these reports, he quoted the Minister of Militia as having said that he would like to shoot dishonest contractors. Hon. Mr. Hazen-Do you propos

shooting as a penalty Alleged Shoddy Blankets.

Mr. Sinclair—No, it would be for th Minister of Marine to propose that it he does not think two years' imprison ment sufficient penalty.

The Nova Scotia member stated that he had received a letter telling hin that one manufacturer had supplie shoddy blankets to the Government With the country engaged in a life and who committed a fraud in supplying blankets or boots, was as guilty as a German spy of plotting against the

The Minister of Justice told Parliament that he would hesitate to advise condign punishment for the offenses specified by Mr. Sinclair; he was not certain that the criminal code did not provide punishment. On his suggestion the bill was referred to a committee.

TO INSURE DUTCH SHIPS.
LONDON, Feb. 19.-9:35 p.m.-The Dutch Government is considering an insurance plan for ships under which shipping companies would take about twenty per cent of the risk, the rest being borne by the Government and insurance companies, according to the Rotterdam correspondent of Reuter's Telegram Company.

FUNERAL OF MICHAEL SHEHAN. INGERSOLL, Feb. 19.—The funeral today of Michael Shehan, the wide.y known Dereham farmer, whose death followed an illness of three weeks of typhoid fever, was the largest witnessed here for some time. Interment was made in the Roman Catholic Cemetery, after an impressive service at the Church of the Secred Heart by Father Gnam. The pallbearers were: Messrs. James Kirwin, William Kirwin, M. J. Williams, M. J. Clear, Thomas Clear and

GODERICH MAN'S BODY RECOVERED FROM RIVER

George Higginson Was Goverment Employee-Post-Mortem Ordered.

[Special to The Advertiser.] WINDSOR, Feb. 19 .- The body of George Higginson, aged 38, a foreman in employ of the provincial public works department, and whose home is in Goderich, was found floating in the De-

weeks ago from the King George Hotel, Windsor, where he had been staying. The fact that none of his personal bag-gage was removed from his room gave ground to the theory that he had either OTTAWA, Feb. 19 .- Because the met with an accident, or possibly foul

on their way to Algonac over the ice. for voluntary contributions of socks for The last time the man was seen was owners, who recently plotted and placed it on the market, it is alleged, instructed Shorkey to keep the Indians off the island and sharty built near the path which was used by the Indians. It is further alleged that the Indians did not take kindly to the soldiers; Mr. J. G. Turriff, a Liberal when he left the hotel here in company with a stranger about ten days ago.

PLEASES OXFORDITES

WOODSTOCK, Feb. 19.—The an-nouncement that Sir Wilfrid Laurier calculated to benefit the community. should choose from among all his col-leagues, E. W. Nesbitt, of this city, and a member of the House of Commons, as one of the two members to represent the Liberal party in the investigation made necessary by the alleged boot scandal in connection with the supplying of footwear to the Canadian soldiers, was received with great satisfaction and pride by Mr. Nessbitt's supporters, both in the city and throughout the county. has been in Parliament for three terms, and it is stated that his experience will enable him to competently per-Mr. Nesbitt has been on several investigation committees before this, and is among Sir Wilfrid's most highly es-

WANT INDIANA DRY. INDIANAPOLIS, Ind., Feb. 19 .--Petitions for state-wide prohibition.

MAY INTERN HOLGER

BUENOS AYRES, Feb. 19 .- The Argentine Government is considering the matter of warning the German steamer Holger and the auxiliary cruiser Ar-donna to leave this port within 24 hours or be disarmed and interned, it was announced today. The Holger arrive here yesterday, having aboard the crews of several merchant ships sunk during January and February by the German auxiliary cruiser Kronprinz

PUBLIC-SPIRITED MAN DIES IN INGERSOLL

Butler Passes Away in His Eightieth Year,

[Special to The Advertiser.] INGERSOLL, Feb. 19 .- Richard Butmost respected residents, died today the negotiations. after an illness extending over several nese sources the Japanese minister told ing to Ingersoll, 25 years ago, he conducted a sawmill at Dereham Centre. ment cannot accept even the twelve debatable demands unless hey are ma-He came to Canada from England when terially modified, rural districts. He was a generous sup- communication to the powers. Higginson was considered a steady porter of the Methodist Church, and employee, and had been in Government up to the time of his death was a see advisers in political, military and up to the time of his death was a service for several years. That it is under gu it fails. the official board.

advocate of temperance, and in many

GET MORE VIM. RENEW YOUR STRENGTH!

need Dr. Hamilton's Pills; they tone from New York January 2, laden with the stomach, assist digestion, brace her cargo of American oil, part of you up at once. Taken at night— which was destined to Dedegagatch, you're well by morning. Sickness and Bulgaria. The oil company contends tired feeling disappear instantly. Vim, that the oil billed to Bulgaria was for spirits, heavty health, a'l the joys of the Bulgarian Government, but Britlife come to everyone that uses Dr. ish suspicion was aroused because of Hamilton's Pills No medicine so sat- the close proximity of Turkey. isfactory. Get Dr. Hamilton's Pills today, 25c per box, at all dealers.

DON'T TAKE CALOMEL

met to liven your liver when bilious, whether the Bulgarian cargo should headachy or constipated get a 10-cent be permitted to proceed, or go to a than nasty Calomel, without griping or the delivery of the oil without prize

THIN FOR YEARS

"Gains 22 Pounds In 23 Days"

est and pleasure."

gained 22 pounds in 23 days."

of flesh building after all.

JAPANESE DEMANDS

Chinese Minister Asks For Discussion On Twelve Points At Issue.

[Canadian Press.]

ing to discuss with him twelve of the ment, Mrs. J. C. Barrett; auditors, demands Japan has made upon China, Mesers. B. Russell and L. Pickard. which China has agreed to consider. It is stated in Chinese circles that Lu Ching-Hsiang took the initiative in the matter in order to refute accusations ler, prominent in the life of Ingersoil of the Japanese newspapers that the for many years and one of the town's Chinese Government was delaying

According to information from Chi-

porter of the Methodist Church, and That the number of "forceful Japan-that it is sold by Cairneross & Lawrence

sires to place in China, is not men-He served several terms as a mem- tioned, is said to be causing concern should show a wonderful improvement ber of the town council, his adminis- to the Chinese. This was the foremost trative ability being appreciated by question which the Chinese are de- ishing entirely, ratepayers generally. He was a strong clared to have declined to discuss. respects gave a sistance to movements STANDARD OIL STEAMER

DETAINED BY BRITISH

WASHINGTON, Feb. 19 .- The Standard Oil Company today reported to the state department the detention at If you are tired, nervous, sleepless, Malta by British authorities of the headaches and langour, you British steamer Onaka, which sailed Three quarters of the oll was des-

tined for Greek ports, and the British authorities permitted the ship to make those deliveries upon promise to return to Malta before proceeding to Bulgaria. In the meantime, it was Instead of dangerous, salivating Calo. said, Great Britain would determine The owners of the cargo are seeking

"I was all run down to the very bottom," writes

"Sargol has put just 10 pounds on me in 14 days,"

"I weighed 132 pounds when I commenced taking

F. Gagnon. "I had to quit work I was so weak.

Now, thanks to Sargol, I look like a new man. I

states W. D. Roberts. "It has made me sleep well,

enjoy what I ate and enabled me to work with inter-

Sargol. After taking 20 days I weighed 144 pounds.

Sargol is the most wonderful preparation for flesh

building I have ever seen," declares D. Martin, and

J. Meier adds: "For the past twenty years I have

taken medicine every day for indigestion and got thinner every year. I took Sargol for forty days and

feel better than I have felt in twenty years. My

When hundreds of men and women-and there

are hundreds, with more coming every day-living

in every nook and corner of this broad land volun-

tarily testify to weight increases ranging all the

way from 10 to 35 pounds given them by Sargol, you

must admit, Mr. and Mrs. and Miss Thin Reader,

that there must be something in this Sargol method

Hadn't you better look into it, just as thousands

of others have done? Many thin folks say: "I'd

give most anything to put on a little extra weight,"

but when someone suggests a way they exclaim,

"Not a chance. Nothing will make me plump. I'm

built to stay thin." Until you have tried Sargol, you

Sargol has put pounds of healthy "stay there"

flesh on hundreds who doubted, and in spite of their doubts. You don't have to believe in Sargol to grow

plump from its use. You just take it and watch

weight pile up, hollows vanish and your figure round

out to pleasing normal proportions. You weigh

yourself when you begin and again when you finish

Sargol is absolutely harmless. It is a tiny con-

centrated tablet. You take one with every meal. It

mixes with the food you eat for the purpose of

separating all of its flesh-producing ingredients. It

prepares these fat-making elements in an easily as-

similated form, which the blood can readily absorb

and carry all over your body. Plump, well-developed

persons don't need Sargol to produce this result.

Their assimilative machinery performs its functions

without aid. But thin folks' assimilative organs do

not. This fatty portion of their food now goes to

ste through their bodies, like unburned coal

do not and cannot know that this is true.

and you let the scales tell the story.

weight has increased from 150 to 170 pounds."

BIBLE CLASS OFFICERS, INGERSOLL, Feb. 19 .- At the annual

neeting of the Truth Seekers' Bible Class of the Methodist Church, the following officers were elected for the ensuing year: Honorary president, Mrs. A. J. Harris; president. Mrs. S. G. Zurbrigg; vice-president, Mrs. William Thompson; secretary, Miss Myrtle Lundy; assistant secretary, Mrs. W. F. Manzer; treasurer, S. G. Zurbrigg; pianist, Mrs. W. E. Manzer; teacher, Mrs. J. W. Moyer; assistant teacher, Hslang, the Chinese foreign minister, Mr. F. G. Walley; convenors of comyesterday paid a visit to Eki Hioki, the mittees: Devotional, Mrs. Gray; social, Japanese minister to China, and in- Mrs. J. Strowbridge; membership, Mrs. quired whether the minister was will-

Need Attention in February and March or Face May Stay Covered.

Now is the time to take special care of the complexion if you wish it to look physician and is usually so successful under guarantee to refund the money i Get an ounce of othine-double strength, and even a few applications some of the smaller freckles even van



25 and 60c. at all Druggists. (Take Abbey's VITA Tablets for Sick Nerves)

An Easy Way To Get Fat and Be Strong

The trouble with most thin folks who wish to gain weight is that they insist on drugging their stomach or stuffing it with greasy foods, rubbing on useless "flesh creams," or following some foolish physical culture stunt, while the real cause of thinness goes untouched. You cannot get fat until your digestive tract assimilates the food you eat. Thanks to a remarkable new scientifie discovery, it is now possible to combine into simple form the very elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This master-stroke of modern chemistry is called Sargol and fat-laden blood. This master-stroke of modern chemistry is called Sargol and has been termed the greatest of flesh-builders. Sargol aims through its regenerative, re-constructive powers to coax the stomach and in-estines to literally soak up the fattening elements of your food and pass them into the blood, where they are carried to every starved, broken-down cell and tissue of your body. You can readily picture the result when this amazing transformation has taken place and you notice how your cheeks fill out, hollows about your neck, shoulders and bust disappear and you take on from 10 to 20 pounds of solid, healthy flesh. Sargol is absolutely harmless, inexpensive, efficient. All leading druggists have it and will resolid, nearthy less. Salgor is absolute to the leading druggists have it and will refund your money if you are not satisfied, as per the guarantee found in every

package.

Caution—While Sargol has given excellent results in overcoming nervous dyspepsia and general stomach troubles it should not be taken by those who do wish to gain ten pounds or more.

HOW THE PEOPLE CAN PUT ON FLESH.

A New Discovery.

Thin men and women—that big, hearty, filling dinner you ate last night. What became of all the fatproducing neurishment it contained? You haven't gained in weight one ounce. That food passed from your body like unburned coal through an open grate. The material was there, but your food doesn't work and stick, and the plain truth is you hardly get enough nourishment from your meals to pay for the cost of cooking. This is true of thin folks the world over. Your nutritive organs, your functions of assimilation, are sadly out of gear and need reconstruction.

Cut out the foolish foods and funny sawdust diets. Omit the flesh cream rub-ons. Cut out everything but the meals you are eating now and eat with every one of those a single Sargol tablet. In two weeks note the difference. Five to eight good solid pounds of healthy "stay there" fat should be the net result. Sargol, too, mixes with your food and prepares it for the blood in easily-assimilated form. Thin people gain all the Thin men and women-that big,

for the blood in easily-assimilated form. Thin people gain all the way from 10 to 25 pounds a month while taking Sargol, and the new flesh stays put. Sargol tablets are a scientific combination of six of the best flesh-producing elements known to chemistry. They come 40 tablets to a package, are pleasant, harmless and inexpensive, and all druggists sell them subject to an absolute guarantee of weight increase, or money back absolute guarantee of weight increase, or money back.

Thin People Can Increase Weight

Thin men and women who would like to increase their weight with ten or fifteen pounds of healthy "stay there" fat should try eating a little Sargol with their meals for a while and note results. Here is a good test worth trying. First weigh yourself and measure yourself. Then take Sargol—one tablet with every meal—for two weeks. Then weigh and measure again. It isn't a question of how you look or feel, or what your friends say and think. The scales and the tape measure will tell their own story, and most any thin man or woman can easily add from five to eight pounds in the first fourteen days by following the first fourteen days of in the first fourteen days by following this simple direction. And best of all, the new flesh stays put.

Sargol does not of itself make fat, but mixing with your food, it turns the fats sugars and starches of what you have

sugars and starches of what you have eaten into rich, ripe fat producing nour-ishment for the tissues and blood—prepares it in an easily assimilated form which the blood can readily accept. All this nourishment now passes from your body as wasta. But Sargol stops the waste and does it quickly and maket the fat-producing contents of the very same means you are eating now develop pounds and pounds of healthy flesh between your skin and bones. Sargol it safe, pleasant, efficient and inexpensive All leading druggists sell it in large boxes—forty tablets to a package—on a guarantee of weight increase or mone; back.

through an open grate. A few days' test of Sargol in your case will surely prove whether or not this is true of you. Isn't it worth trying? If you want a beautiful and well-rounded figure of symmetrical proportions, if you want to gain some solid pounds of healthy stay-there flesh, if you want to increase your weight to normal, weigh what you should weigh, go straight to your druggist today and

get a package of Sargol and use it as directed. Sargol will either increase your weight or it won't, and the only way to know is to try it. A single package of Sargol easily enables you to make this test. Sixty days' use of Sargol, according to directions, is absolutely guaranteed to increase your weight to a satis-

factory degree or your druggist will refund all the money you have paid him for it.

Sargol Is Sold By Every Well-Stocked Druggist In London and Vicinity

The Cover

Here's the admission made (in an advertisement) by one of the heaviest coffee advertisers of the country. Read it. Think it over. Read it again, and let the truth sink in.

set of ill health and discomfort, and is in doubt as to the cause, can easily find out

Simply change to

Great continental savants, like Virchow, Hueppe, Lehmen, Eylenburg, von Leyden, Mendel, Fraenzel, as well as physiologists, doctors and food experts of our own country as Prof. Robinson, Dr. Wiley, Dr. Woods lutchinson, Prof. Allyn, Mr. Alfred Mc Cann and Dr. Goudiss have bestowed much attention on coffee and have recognized it as the cause of many cases of chronic caffeine poisoning.
Prof. Hueppe designates the symp-

toms as palpitations, tremor, fear, exultations, headaches, dizziness and

Any coffee drinker who feels the onif coffee has anything to do with it.

Other scientists say that coffee drinking can be the cause of heart trouble, palpitations, dilatation of the heart and disease of the arteries (arterioscierosia)."

POSTUM

Ten days on this famous pure food-drink not only shows up coffee, but points the way back to old-time health and comfort.

Postum comes in two forms: Regular Postum which must be boiled-15c and 25c packages. Instant Postum the soluble form-made in the cup with hot water instantly-30c and 50c tins.

"There's a Reason" for POSTUM

Both kinds are drug-free, delicious, and the cost per cup is about the same.

-sold by Grocers everywhere. Canadian Postum' Cereal Co., Ltd., Win dsor, Ont.