

## Home Life Observation

often tells husband or wife that coffee is disagreeing with the other.

When nerve irritation or digestion ailment becomes apparent, it's a good idea to quit coffee and use

# Instant Postum

Its pleasing flavor makes it an agreeable change and as it is free from "caffeine" or other "upsetting" elements, Instant Postum is adaptable to use by the entire family. Children are very fond of it.

## "There's a Reason" for Postum

**AT GROCERS EVERYWHERE**

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

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**Canadian Postum Cereal Co., Ltd., Windsor, Ont.**