MC 2035 POOR DOCUMENT

THIS HOME DYE ANYONE





How to Tell

Whether Tea and Coffee are Causing your Troubles

It seems easy to leave off drinking tea or coffee and note the results.

But you say, "I can't do without my morning cup," so the dreary days follow one another, the same old pains and aches slowly growing a little worse. Do you dare think of the road ahead, if that downward tendency keeps on, and why shouldn't it unless you change the daily habit?

Suppose today you assert your right to crush the habit and start a new and healthful life.

It's easy to quit tea and coffee and take on

POSTUM

It is made of clean, whole wheat, and contains no CAFFEINE—the drug in tea and coffee that causes so much trouble.

Is not only free from the poison in tea and coffee, but contains the natural phosphate of potash found in a part of the wheat berry which is included in making this famous food-drink.

It builds up broken-down body, brain and nerve cells, and no one needs this more than the chronic tea or coffee drinker.

Postum now comes in two forms. Regular Postum must be well boiled. Instant Postum is a soluble powder. A spoonful dissolves in a cup of hot water and, with sugar and cream, makes a perfect cup Instantly.

Grocers everywhere sell both kinds.

Ten days freedom from tea and coffee will show

"There's a Reason"

Postum

MORE THAN EVER

MRS. PANKHURST HEARS BAD NEWS

THE EVENING TIMES AND STAR, ST. JOHN, N. B., TUESDAY, NOVEMBER 4, 1913

THEIR GOLDEN WEDDING

Captain John Bain Formerly Sailed Out of the Port of St. John

Daily Hints For the Cook

wonths one hundred people have written to the Zam-Buk Co. expressing gratitude for their cure of eczema by Zam-Buk. Zam-Buk cures eczema—not in a few isolated cases, but in nearly every case in which it is given a fair trial. Why not let it cure you?

He Suffered for 20 Years

MR. GEORGE J. TAYLOR, Lower Napan, N.B., writes:—I have cerems for over twenty years. At first it appeared it small spots and then began to spread, until I suffered awformisery. I went to a doctor, who gave me a tonic and improved and continuent. After using it for a while I saw that it was not soin; much good, and decided to try another, but with the same result. I tried num erous ointments which it was claimed would cure eczema, but with the same result—the eczema always came back, and always a little worse than before.

result—the eczema always came back, and always a little worse than before.

By this time it had spread all over my face and head, and I was obliged to stay indoors. The irritation and burning was terrific, and I thought at time that I would go crazy from it. No one could imagine what I suffered with it and I was obliged to give up my work.

At that time I happened to see Zam-Buk advertised, and decided to try a box. After the first application I felt relief. It soothed and eased the burning and itching. I persevered with the treatment, and although my case was so back that it took some time to effect a cure, in the end Zam-Buk cured me completely.

FREE BOX

Rockers That







J. Marcus, 30 Dock St.



CANADIAN POSTUM CEREAL CO., LTD., WINDSOR, ONT.