

EXAMINE YOUR DENTIFRICE... Acid and grit, dead-end scum of the teeth, abound in cheap dentifrices.

SOZODONT... In its proven value. Sixty years is a pretty good test. No acid, no grit in Sozodont.

DECISION IN GRAIN CASE... COMMISSION CANNOT ORDER... Unable to Say That G.T.R. is Discriminating or to Make a Ruling.

USELESS OR MISCHIEVOUS... Imperial Council Not in Canada's Plans of Empire.

Why He Wouldn't Join... "I was not a member of the Plumbers' Association," said Thomas G. Barrington.

MEXICO... Great interest is now being taken in the development of trade between Canada and Mexico.

Law Will Take Its Course... Chicago, Dec. 4.—Governor E. B. Hoar, accompanied by his wife and a number of members of his staff,

THAT OVERWORKED, PLAYED OUT FEELING AMONG WOMEN... There are thousands of females all over our land who are broken down in health.

MILBURN'S HEART AND NERVE PILLS... They bring health to the broken down, weary, and overworked.

U.S. TENDER \$6000 BELOW... IT DIDN'T HAPPEN AGAIN... Plumbers Threatened to Cut Off Supplies Unless They Were Forewarned.

Additional evidence was produced in the case yesterday at the resumption of the trial of the Master Plumbers' and the Central Supply Associations for conspiracy.

JUDGE MAKES A JOKE... What Does an Empty Bottle Contain? and Everybody Laughed.

Claim for Slander... The master-in-chambers yesterday could not see that any effective order could be made.

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He saw it in the newspapers. Then the James Morrison, James Morrison and Toronto Hardware companies refused to sell to him.

"Yes," said the witness, who continued to say that he was refused point blank by the Robertson Co. "I asked the Toronto Hardware Co. why they didn't come and tell me what they meant by refusing me.

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COFFEE WAR

The Coffee Importers and Roasters are Attacking POSTUM FOOD COFFEE

All Along the Line.

"THERE'S A REASON."

Many people have found out the truth about old-fashioned coffee. They have overcome disease caused by it.

The plan was easy and sure. Quit Coffee and use Postum. Proof with one's self is stronger than any theory.

The Postum army grows by hundreds of thousands yearly. The old-fashioned Coffee Magnates are now deriding Postum through the papers.

Because their pocketbooks are hurt, they would drive the people back to the old coffee slavery. One coffee preparator says: "It (Postum) has lately been exposed and found to contain an excess of very ordinary coffee."

Another that "It (Postum) is made from a small amount of parched peas, beans, wheat, dried sweet potatoes and paste of wheat middlings." Here's to you, oh faithful followers of the tribe of Annals.

\$100,000.00 CASH

will be deposited with any reputable trust company (or a less amount if desired) against a like amount by any coffee roaster or dealer. If the charges prove true we lose, if not we take the money as partial liquidation for the infamous insult to our business.

The Postum Pure Food factories are the largest in the world, the business having been built upon absolutely pure food products, made on scientific lines, "for a reason," and the plain unvarnished truth told every day and all the time.

Each visitor sees Postum made of different parts of the wheat berry processed by different mechanical methods and one part blended with a small part of New Orleans molasses. So he knows Postum contains not one thing in the world but wheat and New Orleans molasses. It took more than a year of experimenting to perfect the processes and learn how to develop the diastase and properly treat the other elements in the wheat to produce the coffee-like flavor that makes suspicious people "wonder." But there never has been one grain of old-fashioned or drug coffee in Postum and never will be.

Another thing, we have on file in our general offices the original of every testimonial letter we have ever published. We submit that our attitude regarding coffee is now and always has been absolutely fair. If one wants a stimulant and can digest coffee and it does not set up any sort of physical ailment, drink it.

But, if coffee overtaxes and weakens the heart (and it does with some) Or if it sets up disease of the stomach and bowels (and it does with some) Or if it causes weak eyes (and it does with some) Or if it causes nervous prostration (and it does with many).

Then good plain old-fashioned common sense might (without asking permission of coffee merchants) suggest to quit putting caffeine (the drug of coffee) into a highly organized human body, for health is really wealth and the happiest sort of wealth.

Then if one's own best interest urges him to study into the reason and "There's a reason," he will unearth great big facts that all of the sophistries of the coffee importers and roasters cannot refute. Take time to read the following from the famous Dr. B. F. Underwood in The American Physician:

Coffee as a factor in the Production of Gastric and Cardio Disorders. BY B. F. UNDERWOOD, M.D.

The pathogenetic properties of coffee have received but scant attention from medical authors, although it is not doubtful, I think, that, more than any other gastric substance, coffee is responsible for the great prevalence of nervous, gastric and cardiac diseases at the present time, and that the great increase in sudden deaths from heart affection in recent years may be justly set down to the use or abuse of coffee as a beverage.

Shoemaker, in his "Materia Medica," treating upon coffee, says: "Used in excess it disorders digestion and causes functional disturbance of the nervous system, shown by headache, vertigo, mental confusion and palpitation of the heart. It increases secretion, blunts sensation, excites excitability, increases mental activity and may produce insomnia and great nervous restlessness," and this is as much as any medical author has to say upon the subject.

In my case it may be merely the seal of the recent convert which inspires me, but I feel strongly from both my personal and professional experience that there is so much more that could and should be said about the deleterious effects of coffee and its potency as a factor in the production of disease.

Case I. In the latter part of December, 1903, I had under treatment an old lady, 74 years, who was convalescing from an attack of pneumonia. She had responded favorably to the treatment and was doing nicely except for a peculiar rise and fall of the temperature and an irregular action of the heart.

Case II. The result in case one set me thinking. For some years I had been troubled with nervous dyspepsia, with cardiac irritability, and at times, great irregularity in the action of the heart, intermittent beat of the pulse and much nervous depression, all of which, in spite of treatment, was steadily getting worse.

Case III. About the same time I had under treatment a young lady suffering from chronic nephritis, who presented an almost endless variety of symptoms, which would yield to treatment for a time, only to return in an aggravated form.

As a result of these experiences, to which more could be added, in all cases of intractable nervous or gastric diseases I have come to regard coffee as an incitant, and an important, if not the chief, factor in the production of the disease, and to insist upon its discontinuance as a part of the treatment.

