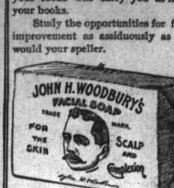
Young Girls—

your books will carry you as far as your books.

Study the opportunities for facial improvement as assiduously as you would your speller.



Woodbury's Facial Soap.

Cleanses without irritation and its marked curative properties render it invaluable for soothing and healing facial eruptions.

Remember if Beauty is only skin deep you must preserve that skin.

In cases of chapped or roughened hands Facial Cream, applied nightly, softens and whitens the skin, keeping it smooth and healthy.

SPECIAL OFFER.

In case your dealer cannot supply you we will send prepaid, to any address for $1.00 the following toilet requisites.

1 Cake Woodbury's Facial Soap.
1 Tube " " Facial Cream.
1 " " Dential Cream.
1 Box " " Face Powder.

Together with our readable booklet Beauty's Masque, a careful treatise on the care of the "outer self".

THE ANDREW JERGENS CO.,
CINCINNATI, O.

Wiggle Stick

WASH BLUE

Costs 10 cents and equals 20 cents worth of any other kind of bluing.

Won't Freeze, Spill, Break Nor Spot Clothes

DIRECTIONS FOR USE:

Wiggle-Stick

around in the water.

At all wise Grocers.

Proof Positive.

Mrs. Wedderly—Your cousin George seems to be a level headed, sensible fellow.

Wedderly—Undoubtedly, my dear; he is still a bachelor.

Mother Gray's Sweet Powders for Children.

Successfully used by Mother Gray, nurse in the Children's Home in New York, cure Constipation, Feverishness, Bad Stomach, Teething Disorders, move and regulate the Bowels and Destroy Worms. Over 30,000 testimonials. At all Druggists, 25c. Sample FREE. Address A. S. Olmsted, LeRoy, N.Y.

French in Great Britain.

There are 26,600 French in Great Britain and Ireland, more than three-fourths of the number being in London. The business most followed among these is cookery.

A Country Breakfast Room.

A bright and cheery breakfast room in a country cottage has broad, low windows of leaded glass—pale amber and green. The wall paper is a soft clear green which is cool and reposeful in effect and harmonious with the weathered oak furniture. The frieze above the green paper has large poppies in shades of deep tan with natural green foliage on a ground of the same tone as the paper.

STOMACH ON FIRE

ONLY A SKELETON CROUCHING BY A STOVE.

Mrs. Doherty has an Extraordinary Experience and Undergoes a Marvelous Change.

Mrs. E. Doherty, of No. 115 Coates street, Moberly, Mo., is today a picture of robust health, and yet five years ago, she barely escaped death from progressive emaciation. To a reporter she told the following story:

"In 1896 I began to have distressing attacks of indigestion that continued for two years. My stomach was constantly sore and burned as if it was on fire. It became finally so delicate that it would not retain even plain water. My inability to take food reduced my weight to ninety-eight pounds, and faintness and dizziness kept me in bed most of the time. I was really starving to death and besides I was extremely nervous. The doctor was perplexed. He gave me tonics which did me no good, and prescribed exercise which I was too weak to attempt.

"One day when I was so faint and chilled that I could do nothing but crouch down on the floor by the fire, my father brought me a box of Dr. Williams' Pink Pills for Pale People. I found on trial that they would stay on my stomach unlike everything else. I really felt better after three doses and I kept on using them. Food began to taste well and to stay down. The pain and the burning in the pit of my stomach lessened and at last went away altogether. My weight began to increase until it reached 165 pounds and my neighbors, who were convinced that I was wasting to death before, were astonished at the change. I resumed my housework and have hardly had occasion to call a doctor since. I have recommended Dr. Williams' Pink Pills to several friends, and I say to the pale, thin ones particularly, If you want to get strong and well take Dr. Williams' Pink Pills for Pale People."

These pills cure stomach trouble by their tonic action, building up the digestive organs and enabling them to do the work that nature intended them to do. They are sold by all dealers, or will be sent postpaid on receipt of price, fifty cents a box or six boxes for two dollars and a half, by addressing Dr. Williams Medicine Co., Schenectady, N. Y. A dict book giving useful information will be sent free on request.

PISO'S CURE FOR
CURES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.
CONSUMPTION

PASSING FANCIES IN THE WORLD OF WOMEN

Coat With Vest Front.

Fitted coats with vest fronts are among the newest and smartest shown and are very generally becoming. This one includes also the new sleeves, which are full at the shoulders, and a novel roll-over collar that is extended down the fronts. As illustrated the material is wood brown broadcloth with the vest of white cloth and the trimmings of velvet, but all suiting materials and all materials in vogue for coats of the sort are equally appropriate. The long lines, that are given by the seams that extend to the shoulders, are peculiarly desirable as they tend to give a tapering effect to the figure.

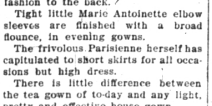
The coat is made with fronts, that are cut in two portions each, backs, side-backs and under-arm gores, the vest being separate and attached under the fronts on indicated lines. The sleeves are made in two portions each and are finished with roll-over cuffs

at the wrists. The collar and revers finish the neck and front edges and are rolled over onto coat.

The quantity of material required for the medium size is 3¾ yards 27 inches wide, 2¼ yards 44 inches wide or 1⅞ yards 52 inches wide, with ¾ yards of velvet and ¾ yards of any width for vest.

Flat Boas and Pelerines.

The new ostrich and marabout flat boas and pelerines are wider than ever, more extravagant in coloring and command an exorbitant price. Some of them are eighteen inches in width, and have a decided cape effect in the back and over the shoulders. This cape is in a deep shade of the coloring selected, and the stole-ends fade gradually until at the tips they are almost pure white. The favorite colorings are American Beauty red, fading to a pinkish white, burnt orange, fading to palest lemon, and a rich seal brown, fading to a white that suggests both pink and chocolate color.



Skirts must stand out from the ankles, even if it takes a bit of boning to bring it to pass.

A child's white serge coat is prettily trimmed with the red and white skin of the calf.

Chenille straw in various colors and in shaded effects figure largely upon autumn millinery.

Some of the new leather belts have two short tabs buttoned in postillion fashion to the back.

Tight little Marie Antoinette elbow sleeves are finished with a broad flounce, in evening gowns.

The frivolous Parisienne herself has capitulated to short skirts for all occasions but high dress.

There is little difference between the tea gown of to-day and any light, pretty and effective house gown.

Silk gowns are to be worn right into zero weather and silk and ribbon trimmed hats will keep them company.

Coming Skirt Fashions.

Skirts promise to be very full at the hem. The plain full skirt which has been such a success during the summer season will be given a new lease of life, as will also this same model trimmed with double ruches at the bottom. Not a few of the plaited skirts are stitched down about the hips to form a small yoke. In general, the front breadths are left plain. Skirts will also have attached flounces with a heading of deep plaits or some other form of trimming. Tailored gowns for autumn will be built of finely-woven fancy wools in indefinite checks and plaids, or showing mixed grounds and embroidered dots.

Coat Trimmings.

Plain broadcloth and serge coats in one tone, especially the dark shades, are enlivened by white collars and cuffs braided with either gold or silver galloon. Many women continue to believe that the taffeta coat, whether lined or unlined, is the best for motoring. They shed the dust, and if the quality of silk is good they will last one or two seasons. They are often interlined, not only with a lighter weight taffeta, but a light flannel placed between the two silks. A new model in pongee is built with a series of capes, three in number. The garment proper is semi-fitting and the deepest cape falls a trifle below the elbows and one and all of them are confined to the body or the garment by buttons and straps. In fact, all three capes are made separate and one or two or all of them can be worn or not.

Material for Dust Coats.

A great deal is said about the durability of mohair for dust coats. It certainly has the advantage of shedding the dust, but every drop of rain, even after sponging, leaves its mark. Chantung, severely made but fashioned upon loose flowing lines, heavily stitched, with a possible ornamentation of braiding or lace, is one of the most successful garments of the hour. Oftentimes a bit of color is introduced into the coats in the collar or in the cuffs. Each week more cloth coats are seen, but these for the most part are the three-quarter length garment, loose and roomy and cut on rather mannish lines. One of the new coats is chiefly noticeable for the huge pockets which are set on each side of the front just below the line of the bust. Another cloth coat has an odd cape passing over the shoulders, but running into the seams on each side of a box plait in the back. The knit homespuns are also in evidence. The best model has a full belted back and loose front, which may be either worn open or buttoned back. The belt slips through the side seams and passes under the front.

Furs Used as Trimmings.

Many cloth and velvet gowns have an introduction of beaver used about the corsage and sleeves, while one well-known furrier shows a few attractive long-basqued coats in dyed moleskin, which might easily be mistaken for sealskin, but with a much more brilliant sheen. The coat was light, warm and atractive, besides being extremely becoming. Ermine is being used again, combined with beaver or sable, while chincilla is likely to be worn much more than it was last winter. Lace is being used on fur models, but more as a plaited lining at the base of shoulder capes or sleeves.

Chicken Jelly.

Let two or three chickens cook slowly in a small quantity of water until the meat loosens easily from the bones, and season with salt and pepper. As soon as it is cool enough to handle, remove bones and skin. Place the meat in a deep mold and use gizzard, liver and heart. To the water left in the kettle add half a box of gelatine dissolved first in a little warm water, and boil until reduced to about a pint. Pour this over the chicken in the mold and set away to cool. Cut in slices with a very sharp knife.

Popular Type of Millinery.

Among the most popular hat shapes in Paris are those known as Varennes. True, they have been worn through out the summer, but with lower crowns than those now appearing. In many cases the crown is conical or funnel shaped, and it is a point to be observed that the trimming will consist of a double band of velvet in two shades, leaving the upper part of the crown visible, and a plume of three feathers will be pinned in the center of the front, and caught with a high narrow buckle.

Box Coats Now Fashionable.

Box coats quite loose are among the most fashionable for general wear and are rendered both novel and smart by the introduction of collar and cuffs of contrasting material. An attractive model is made of navy blue cheviot with collar and cuffs of white cloth stitched and piped with velvet and is quite as satisfactory to the wearer as it is stylish and effective. The flat finish at the back and the fly front make specially noteworthy features, together with the pockets which are inserted in each front.

New Fashionable Frill.

The swathed bodice will be among the fashionable features of the new styles. It will be made of silk, velvet and other supple fabrics, the foundation naturally fitting the figure. But whether swathed or not, the coming tight-fitting bodice concludes in a sharp, deep point in front; and many of the new evening bodices are in the old-fashioned style—small, tight-fitting, without sleeves, except for the drapery of lace or chiffon.

Princess Gowns.

Princess gowns are to be worn again this autumn to quite a large extent. They will take the form of the genuine old-fashioned princess dress, which has been modified of late out of all recognition, and although many of them will in reality be fashioned in two distinct pieces, this will be so contrived that it will not be visible.

Latest Things in Chiffon Veils.

The latest importations in chiffon veils are remarkable for their hand work. Veils to be draped over the hat are embroidered thickly in a very fine silk, showing flowers in natural colorings. The stamped chiffon veil is also shown at a lower price and can be secured in all the popular shade effects of the year.

Fashionable Blue and Green.

No combination of the season is more fashionable than blue and green and none more effective when the correct shades of each are chosen. This very attractive little frock is made of dark green cashmere, trimmed with

bands of blue silk overlaid with narrow braid of the green edged with straight bands of the silk on which ring dots are embroidered and is thoroughly charming. The waist is one of the newest and prettiest of the season and is made with quite novel sleeves that are joined to a trimming band, their fullness so arranged as to give the desirable broad effect at the shoulders. The skirt is five gored and can be gathered at the upper edge, as illustrated, or tucked as may be preferred. The quantity of material required for a girl fourteen years of age is, for waist 4¼ yards 21, 4 yards 27 or 2 yards 44 inches wide; for skirt 5¾ yards 21, 4¾ yards 27 or 2¾ yards 44 inches wide.

Gown in Light Golden Hues.

The new shade of light golden brown or saffron color, which is known by the name of onion color, is promised a great vogue for the early autumn, but chiefly for the robe d'interieur. A dress in this particular tone was carried out in voile, having a very short bolero coat over a slip of cream Alencon lace, the skirt simply adorned with two deep frills.

For the Tea Table.

A new fancy for the tea table at a large formal function is a vase filled with small Japanese fans. They may be folding fans or the flat, transparent silk affairs, showing geisha girls or Japanese scenes, but they must be very small. They are most grateful to guests who find themselves caught in the usual afternoon crush.

A HANDSOME THEATER WAIST.

Odd waists of panne velvet are exceedingly smart and exceedingly handsome in effect and will be greatly worn during the entire season for the theater, informal dinners and all occasions of the like. This one is pale yellow in color with the little square yoke of white net and is trimmed with heavy silk passementerie, frills of lace finishing the front and the wrists. The design is a peculiarly desirable one and shows tucks which give a box plaited effect, producing tapering lines at the back, while they are stitched to yoke depth at the front so providing fullness below that point. The quantity of material required for the medium size is 5¼ yards, 21, 4½ yards 27 or 2 yards 44 inches wide, with ½ yard of net and ⅞ yards of lace.

AS THE WORLD REVOLVES

GEORGE K. NASH DROPS DEAD.

Former Governor of Ohio Dies of Heart Disease.

Former Governor George K. Nash dropped dead Oct. 28, in the bathroom at the home of his stepdaughter, Mrs. Worthington E. Babcock, at Columbus, Ohio.

Mr. Nash had been in ill health for over a year, having been stricken with heart trouble and other complications while governor of Ohio.

George K. Nash was born in Medina county, Ohio, Aug. 4, 1842. He was elected judge of the supreme court of Ohio in 1883. He was elected

GEORGE K. NASH

governor of Ohio in 1900 and in 1902, serving two terms.

During the war of the rebellion he served as a private in company C, 150th O. V. I., of which the late Senator Hanna was the first sergeant. Mr. Nash leaves no family.

SLANDER ON CLUB WOMEN.

Eastern Journal Has Humorous but Certainly Untrue Story.

In a Jersey town not fifty miles from New York a women's club, anxious to mark its advance along the road of intellectuality by the study of some abstruse subject, hit on Exyptology as one worthy of their brains. Accordingly they lost no time in engaging a learned student of the subject to come to their town and discourse upon their chosen fad.

The evening of the "feast of reason" arrived, and with it the distinguished doctor, who, after being introduced to the club and those whom they had thought worthy of the compliment of an invitation, said:

"Ladies, as you well know, the field of Exyptology is a vast expanse and contains many different subjects and periods, and as your note specified no particular topic I must ask you to kindly indicate what particular subject or period you desire me to cover."

Silence reigned, the assembled club women looked at each other, at first blankly and then in anxious inquiry.

Just as the then somewhat embarrassed lecturer was about to speak, an elderly spinster at the rear piped up in a shrill treble:

"Well, I suppose we ought to go as far back as Chaucer, oughtn't we?"—Boston Globe.

BANK PRESIDENT UNDER FIRE.

Prominent Chicago Financier Charged With the Crime of Arson.

The directors of the Chicago National Bank of North America held a meet-

ISAAC N. PERRY

ing to investigate charges—which they denounce as blackmail—that Isaac N. Perry, president of the bank, had committed arson. The allegation brought to the attention of the board was that Mr. Perry had set fire to, or caused to be burned, the plant of the Chicago Car and Locomotive company at Hegewisch.

The Bank of North America has been merged with the Continental National, and the department of justice is investigating the charge of arson

Enemies of Coffee Drinking.

In 1675 King Charles II attempted to suppress coffee houses by royal edict, in which it was said that they were the resort of disaffected persons, "who spread abroad divers false, malicious and scandalous reports, to the defamation of his majesty's government and the disturbance of the peace and quiet of the nation." In England, as well as other countries, the most effective check on the consumption of the beverage was found to be a high duty, which led to much smuggling.

Rats Spread Bubonic Plague.

It is now admitted by the best bacteriologists of three continents that rats first cultivated and spread the germ of the bubonic plague. The rat-killing dog or cat or the household pet which associates with such performers is capable and active in disseminating a score of contagions, which may be collected in night adventure, in play with fellow creatures, or in association with human beings who are suffering from some infectious malady.

LONELINESS OF THE PRAIRIES.

Trackless, Treeless Waste Without Water or Human Habitation.

"I had almost as soon be set adrift in a small boat in mid-ocean as to be dropped down on the vast prairie near the Kansas-Colorado State line," said a man who is familiar with the West.

"One cannot realize the loneliness of the Western plains until he has crossed them. There are many few human habitations, comparatively little of the land is under cultivation, and water is a scarce and precious commodity. In every direction nothing meets the gaze of the eye except a trackless, treeless waste which is bounded only by a lowering sky. Prairie dogs are the chief denizens of this region, and as the train whirls past they perch themselves on their hind legs and sit there upright as motionless as a statue. There are a few houses, but they are at wide intervals. The one single advantage that a lonely pedestrian has in that region is that by following the railroad track sufficiently far he will reach a town some day; but walking at this season under the burning prairie sun and in a waterless country is by no means pleasant.

"It is positively tiresome to the eye to ride across the prairies in a comfortable Pullman car equipped by all the luxuries of life. This being true, it must be next to appalling to have to tramp over this region without food or water, except what one begs at the way stations along the route. I have never been able to see anything picturesque or inviting about the wide stretching plains."—Birmingham News.

Etiquette in Warfare.

That now famous offer of the mikado to allow the noncombatants to leave Port Arthur is one of those amenities of which warfare between civilized powers furnishes many examples. The duke of Wellington was a stickler for etiquette in this connection. It is on record how, after giving Junot "a good beating," he sent to inquire concerning his health, the friendly message being accompanied with a present of vegetables, which were said to be scarce in Junot's camp. The great duke was especially punctilious in any manner affecting the comfort or convenience of women and children. Soult, during the peninsular war, hearing that there were many wounded English in an adjacent village, sent forwith to their assistance; and all the times Charles Napier was a prisoner he was treated as an honored guest, particularly by Baron Clouet, Ney's aid-de-camp. When, after three months' uncertainty, the British government sent to ascertain what had become of Napier, Ney, learning for the first time that his gallant opponent had a blind and widowed mother, said: "Let him go and tell her himself that he is alive."

Skull of Princess de Lamballe.

A strange discovery was made the other day by Parisian workmen. While excavating for buildings on the site of the abandoned foundling cemetery the diggers unearthed the delicately modeled skull of a woman, which strong circumstantial evidence indicates as that of the beautiful Princess de Lamballe, the confidante of Queen Marie Antoinette, who was guillotined in September, 1792. A commission of archaeologists including Victorien Sardou, Lucien Lambert and others, is convinced that the skull is really that of the princess, which, after the guillotining and the abuse of the mob, was put on a pikestaff and shown to the queen. The skull is in a perfect state of preservation, the delicate structure and beautiful white teeth showing the marks of having been assiduously cared for.

Pearls of Wisdom.

A Broadway wholesale dealer in millinery goods, who is noted for his eccentricities, has posted this placard in a display window of his store:

"A tip to the millinery;
bunch—2 many high balls;
will drive you to the three;
balls; be temperate; keep;
your brain cool and bank;
your savings."

In another show window is the proprietor's portrait, surrounded by the pictures of trees of varying sizes, with this motto:

"While I live I grow."

"The following advice to retail dealers is also in evidence:

"Don't be short any longer. Complete stock always on hand here."—New York Press.

Society Women Smugglers.

Customs officers in New York declare that an epidemic of smuggling set in there about three weeks ago and is now believed to be at its height. It is an especially aggravating outbreak, because it is thought that not a few women of wealth are among the offenders, bringing in cut diamonds concealed in their coiffures and in nooks of their clothing which only the most experienced women inspectors can discover.

Last Australian Convict.

The last of the old-time convicts transported from Great Britain to Australia has just died. His name was Frederick Clarke. He was born in Yorkshire in 1829 and was sent to Tasmania under a ten years' sentence in 1847. Between then and his death he received sentences amounting in the aggregate to eighty-five years and seven months for bushranging, bank robbing and other offenses.

Diminishing Scale.

Grandma had an open hearth
Equipped with crane and spit
And there she turned her banquets out
For kings and princes fit.

Mother had a cookstove big
To satisfy your wish,
And Stella feeds the inner man
Upon a chafing dish.

And so we think, if this keeps up,
A toothsome mess to hatch,
The generation yet to come
Will cook upon a match.
—McLandburgh Wilson.

New Sport for Children.

Ryde, Isle of Wight, has a new sport—a regatta for children. In shallow water, where drowning was impossible, the children race in skiffs, canoes, small craft fitted with paddles and in tubs, and have great fun

HAPPY WOMEN.

Mrs. Pare, wife of C. B. Pare, a prominent resident of Glasgow, Ky., says: "I was suffering from a complication of kidney troubles. Besides a bad back, I had a great deal of trouble with the secretions, which were exceedingly variable, sometimes excessive and at other times scanty. The color was high, and passages were accompanied with a scalding sensation. Doan's Kidney Pills soon regulated the kidney secretions, making their color normal, and banished the inflammation which caused the scalding sensation. I can rest well, my back is strong and sound, and I feel much better in every way."

For sale by all dealers, price 50 cents per box. FOSTER-MILBURN CO., Buffalo, N. Y.

A Need of the Hour.

"It seems to me," said his friend, "that your college ought to establish a chair of gambling."

"A chair of what?" said the professor.

"Gambling. It is the great occupation of many if not most of us, and the average college graduate is apt to take it up in some form or other in spite of all the warning he may receive. Therefore, why not train him to follow it with skill and success? Why not have, say, lectures on how to play poker, on how to play the races, on how to speculate in stocks, and so on? If you could have these subjects properly handled you might turn out a corps of experts who would cover their alma mater with glory and reap a golden harvest for themselves."

"But, supposing the movement to be a success, it would simply ruin the public."

"Well, I judge that's what the public is for. It is simply a question of who gets the money."

Veritable Treasure House.

The value of the vatican, the pope's residence at Rome, and its treasures, in money, would exceed $150,000,000.

Attributes of Beautiful Woman.

A beautiful woman is a practical poem, planting tenderness, hope and eloquence in all whom she approaches.—Emerson.

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

THOUGHT SHE WAS WARM.

Imagination as Good as Fire to Absent-Minded Lady.

It was a cold, drizzly afternoon, in spite of the calendar's assertion that the month was August. Mrs. Parker, who was much interested in one of the latest novels, decided that a grate fire would add materially to her enjoyment of the book.

It was the maid's day out, so the chilly woman, who was rather proud of her ability along practical lines, proceeded to build her fire. First she crumpled a newspaper and thrust it deep into the grate. Next, she carefully built an Indian tepee of slender sticks of kindling. To this, with a practiced hand, she added a selected piece of hardwood and two neat chunks of soft coal. Then, surveying the arrangement with pride, she drew her chair before the fireplace, placed her feet on the fender, and with a pleasureable sense of warmth and comfort stealing over her began to read.

Two hours later Mrs. Parker's sister bustled in.

"My!" she exclaimed. "Isn't it wretchedly cold? I'm just chilled through."

"Draw up a chair," urged Mrs. Parker, without taking her eyes from her fascinating book, "and do let me finish this page—it's the very last one. It's delightfully warm here by the fire."

"Fire?" exclaimed the visitor. "I don't see any fire."

"Why, bless me!" cried Mrs. Parker, suddenly coming to life. "Here's the match in my hand! I forgot to scratch it."—New York Tribune.

BY PROXY.

What the Baby Needed.

I suffered from nervousness and headache until one day about a year ago it suddenly occurred to me what a great coffee drinker I was and I thought may be this might have something to do with my trouble, so I shifted to tea for awhile but was not better, if anything worse.

"At that time I had a baby four months old that we had to feed on a bottle, until an old lady friend told me to try Postum Food Coffee. Three months ago I commenced using Postum, leaving off the tea and coffee, and not only have my headaches and nervous troubles entirely disappeared, but since then I have been giving plenty of nurse for my baby, and have a large, healthy child now.

"I have no desire to drink anything but Postum and know it has benefited my children, and I hope all who have children will try Postum and find out for themselves what a really wonderful food drink it is." Name given by Postum Co., Battle Creek, Mich.

Both tea and coffee contain quantities of a poisonous drug called Caffeine that directly affects the heart, kidneys, stomach and nerves. Postum is made from cereals only, scientifically blended to get the coffee flavor. Ten days trial of Postum in place of tea or coffee will show a health secret worth more than a gold mine. There's a reason.

Get the book, "The Road to Wellville," in each pkg.