

Coffee Often Disturbs Digestion

and frequently causes nervousness and sleeplessness.

If coffee annoys you in any

Postum Cereal

This favorite drink enjoys growing popularity because of its pleasing flavor and its superiority to coffee in healthfulness.

Sold by Grocers in two sizes-25c-15c

No raise in price

Made by POSTUM CEREAL CO., Inc. Battle Creek, Michigan

Coats Carefully Designed



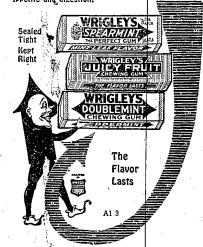


In DRESSIND the miss from six to the street of the street

WRIGLEYS

Bricht eyes. rosy cheeks and red lips come from good digestion.

Wrigley's is a delicious aid to the teeth, breath, appetite and digestion.



speople—Experience unnecessary; selling GIVEN PRIVILEGE IN WAR to offices, factories, etc. Good profits to the Control of the Firls! Lutest craze! Handmude Vanity Bag and Powder Puff, \$1 postpaid. Blue or pink. lane Shirley Co., 2563 Prairie, Milwaukee, Wis. AUTO OWNERS-Make your auto theft-proof. New device. Price \$2, mailed to you from factory. L. Heacock, Salem, Indiana.

Channel Islanders for Centuries Were Not Forced to Take Part In Britain's Conflicts.

In Journal of the casts of the

in for nursing—how his she? Well, I below?

Mrs. Bunks—Splendid, think you ago to see the was goin' up for 'er final contaminations.

Honest, now doesn't 't tickle you to have other benet try on you hat it to have other benet try on you hat it they instited on coloring erast the year round is they do at Easter."

A Food That Builds! Grape = Nuts

 \mathbf{A} staunch food made of wheat and malted barley, ready to cat, easily digested, and full of sound nourishmen

For those who work with brain or brawn there is no better breakfast or lunch than

Grape Nuts There's a Reason' Sold by Grocers
Made by Postum Cereal Co., Inc., Battle Creek, Michigan.