## "waw The Modern <br> Nictent ine metauit ine <br>  Kitchen







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seme improvements and
MODER

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## THE WETHEE

temperature
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## Harms Students

## More Than Most Anything Else.

The Chief of the Prisklyteriad Hospital in. N. Y., Dr. Fisher, tells one very easy ay to arvid some phy
His conments on

## COFFEE


#### Abstract

Instant Postum and carefully note, day by day,

\section*{the return to health and strength}

A level tenspoonful of Instant Postum in an ordinary cup of hot water dissolves instantly and makes it right for most persons.

A big chp requires more, and some people who like strong things put in a heaping spoonful and tempee itwith a large supply of cream. Experiment until you know the amount that pleaseg gour palate and have it served that way in the fiture.

\section*{Postum eomes in two forms.}

\section*{Regular (must be boiled}

\section*{Instrut Postum doesn't require boilin}


"There's a Reason" for POSTUM

Pen, Chisel and Brush.

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Joseph Limburg. who reenty re
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man



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