 TIME TO LENE TOWI IS I MARTHOON RUNINE DR. LAROS' MESSSGE

Will Avoid Serving 60 Days on
Roaás-His father Causes Roacas-His father Causes

Bave Advice to Son-in-Law,
Baxter Oulberson, Was Shot at-Exit.
A call was recetved at the poltee
tation Tuesday aternoen in which $u$

## Sermon at First Presbyter-

 ian Today, Tells How to Carry It Out.
## 

 HIIH II STITE CONTESTWm. Allen Kindel, With Durham Baby fo First Prize.

CITY PLINNING Exp.




$\square$

York for City Planning Ex. position.

## Often

##  <br> Ill Health <br> Can be traced directly to wrong food and drink.

This cause, more than any other, creates personal discomfort-often disease.
Your doctor can confirm that coffee contains a drg, caffeine, which is the common cause of headache, biliousness, indigestion, nervousness, heart trouble, and a long train of aches and ills which bring misery to many who might otherwise be well and happy.

Anyone who values health enough to make an easy test can be free from cof fee ills by changing to

## POSTUM

This pure food-drink, made of prime wheat and the juice of southern sugar cane, is absolutely free from the coffee drug, caffeine-the cause of coffee troubles. Postum now comes in two forms:

## Regular Postum-must be well boiled

Instant Postum-is a soluble powder. A spoonful dissolved in a oup of ho water, with sugar and oream to taste, makes a delicious beverage instantly.
"There's a Reason" for POSTUM


The Bullet That Killed a Man

## 

Three Names. Conspicuous in Stories of Bravery Told of Those on Burning Steamer.

## OAPT. RINZ WITHOUT

## Wireless Operator Also Acted

Heroically-Account of the
Rescoue of the Pas. sengers.

If tongue is coated, breath bad
stomach sour, don't



## 

MMIGRATION STILL AT HIGH WATER MARK
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## IN TELEPHONE CAS



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