
 Case of Former Bingham Ath lete Lost Before S. I. A. A. -Important Ruling.

## Some Can

## And Some Cannot

dRINK COFFEE WITHOUT DANGEROUS RESULTS-
But if yon intend to win out $n$ life
nerves than the coffee drinker usually has
Coffee contains caffeine, a subtle, poisonous drug, and its use as a daily routine beverage causes more or less disturbance of nerves, heart, stomach, liver or some grains to the cup) is a cumulative poison and, for most persons, a day of reckoning will surely come.

But why wait until nature drives home her arguments against ooffee $\uparrow$ Try this easy test-quit coffee 10 days and try POSTUM.

After a few days the habit-forming drug, caffeine, will be elminated from the system, and the gradual return to old-time comfort will be the best evidence that ee was "getting you.
There's no headache or pains of any kind in Postum. It is a pure food-drink, made only of choice wheat and a little New Orleans molasses, and is absolutely
free from caffeine or any other drug. from caffeine or any other drug
Postum comes in two forms
Regular Postum-must be
Instant Postum-(the new form) is a soluble powder. A spponful stirred in a cup of hot water, with sugar and cream added, makes a perfect cup, Ingtantly.

The person who has to bother with coffee aches and pains is badly handicapped,
it's easy to shift to but it's easy to shift to
POSTUM
AND THE OHANGE WORKS WONDERS-
"There's a Reason"



Serviceable Things Are Appreciated

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## BưCOTII Ilfeteive <br> E. Barnard Defends Cold Storage Operator as a Conservator. <br> cott on egss as one way or lowering the price of this produce then  <br> cold storago op men who aotual cort of Hving cony atterpt egso or the co

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Mammoth Furniture Store

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 It makes me doubt if Santa Claus
really exists to see all these things be
forehand. Do you think there is such Yorehand:
a person?
a Well, Wilbur Pennington, of all silly
questions! Doesn't he always fill our questions! Doesn't he slways inl our
stockings nnd bring us s tree? Doensth
he always get the notes we put in the
fireplace for hime and give us every.
thing we write for? Gaven't we been fireplace for him and give us every.
thing we witte for? Havent we been
told loadd of times atout his reindeer
and sled and workshop at the north
poie and his jolly face and all the rest




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