## Age of Independence

To attain urue independence you must personally
declare it; make. a stand for it by saving and bainking part of your money regularty. Just as in 1776. duty is the some. regardless of fage. And you are never too young or too old to enjoy the benefits of a

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## Too Nervous

 To Drive a Car? ness is largely due to wrong habits of eating and drink
ing. If you would quit coffee and use Postum your nerves would steady up.

Postum talleén much like fine, mild Java but there no drug in it-thaft 'wllfere it's got coffee beat a mile.

## Sound advice.

More and more, people are waking up to the harm fuf effecte of cafferne-the drug in coffee - R frequen oauce of nervousness, heart flutter, dizxiness. headach and other allmem

## Instant Postum

Is the soluble form of the original Postum ${ }^{*}$ Cereal. level teasponnful of the, crystaline powder in a cup of
hot water makes a delicious food-drink instantly. 30 c and 50 c ting

The convenience of Instant Postum is seen at a slance, but some prefer the origioal Postum Cereal
which must be thoroughly boiled- 15 c and 25 c packwhich must be thoroughly boiled- $\mathbf{1 5 c}$ and $\mathbf{2 5}$ c pack-
ages. Grocers self boffil kinds and the cost per cup is about the same.
thiag for chapge from coffee to Postum has been a good "There's a Reason"

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