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## The better health that follows quitting coffee has shown

## "There's a Reason" for POSTUM



## "Coffee Don't Hurt Me"

avorage cup, hurts many coffee drinkera, at some time of life, and often burts them hard.
Caffeine is a powerful irritant that unstendies tho plays havoe with the health of a large proportion of coffee

Of conrse, there aro some who go on drinking coffeo poet it, mutil the cumulative drug, caffeine, has got in it work. Ian't it the best plan

## INSTANT POSTUM

This pure food-drink made of wheat and 14 suall por of molasses tastes much like mild, high-grade Jio yet contains no drug or other harmful element. hinds are equally delicions and the costy per cup is

