## Political Situation A Catholic In New England <br> Centennial

## How to Tell

## Whether Coffee

## is causing your Troubles

It seems easy to leave off drinking coffee and note the results.

But you say "I can't get along without coffee," so the dreary days follow one another, the same old pains and aches, slowly growing a little worse. Do you dare think of the road ahead, if that downward tendency keeps on and why shouldn't it unless you change the daily habit?

Suppose today you assert your right to crush habit and start a new and healthful life. It's easy to quit coffee and take on

## POSTUM

Which is made of clean, whole wheat: and contains no Claffllik the drug in coffee that causes so much trouble

## POSTUM

Is not only free from the harmful coffee poison, but contains the natural phosphate of potash found in a part of the wheat berry which is included in making this famous tood drink.

It builds up broken-down brain and nerve cells, and no one needs this more than the chronic coffee drinker

Ten days freedom from coffee will show
"There's a Reason"
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## We Have It

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Seems Assured



