

CENTRAL PENNSYLVANIA NEWS

MECHANICSBURG COUPLE MARRIED

Miss Romaine E. Hertzler Bride of H. Herman Trimble, Prominent Businessman

Special to the Telegraph
Mechanicsburg, Pa., Jan. 19.—Last evening at 8 o'clock the marriage of Miss Romaine E. Hertzler and H. Herman Trimble, of Mechanicsburg, took place at the home of the bride in South Frederick street. The Rev. Dr. H. N. Pegley, pastor of St. Mark's Lutheran Church, officiated, using the impressive ring ceremony. The bride wore a costume of blue taffeta silk with an overdress of blue marquisette and carried a bouquet of valley lilies. Miss Edna Poole, a cousin of the bride, was maid of honor, and Miss Harriet Poole played the "Lohengrin" wedding march. Ezra Yohn was best man. Following the ceremony a wedding luncheon was served. Only the immediate families of the young couple were present. The bride is the daughter of Mr. and Mrs. A. S. Hertzler and is a graduate of Irving College. She is a musician of ability and interested in the activities of St. Mark's Lutheran Church. Mr. Trimble is engaged in the automobile business, being a member of the firm of Shettle & Trimble. They will live here.

MITE SOCIETY MEETS

Special to the Telegraph
Dauphin, Pa., Jan. 19.—Last evening the Mite Society of the Dauphin Presbyterian Church met at the home of Mrs. William Fisher. Regular business was transacted, after which refreshments were served to Mr. and Mrs. Charles Shaffer, Mrs. F. C. Gerberich, Mrs. H. C. Forney, Mrs. Blanche Robinson, Mrs. J. M. Reed, Miss Margaret Brooks, Miss Annie Webster, Russell Reed and Mrs. William Fisher.

MRS. POWLEY BURIED

Special to the Telegraph
Dauphin, Pa., Jan. 19.—Mrs. Elizabeth Powley, who died Saturday, was buried yesterday. The Rev. H. C. Luis, pastor of the Evangelical Church, was in charge of the services. The pallbearers were William Powley, Charles Douglass, William Garman and John Ney.

PARTY ON BIRTHDAY

Special to the Telegraph
Tower City, Pa., Jan. 19.—Mr. and Mrs. Ed. Pike surprised their daughter Mary with a party in honor of her fourteenth birthday. She was the recipient of many pretty gifts. Games were indulged in and refreshments enjoyed.

Social and Personal News of Towns Along West Shore

Dewey Bare, of Marysville, is visiting relatives in Cly.
Mrs. Martin Waggoner and daughter Sarah, of Marysville, spent the week-end with relatives at Harrisburg.
A. J. Seidie, of Marysville, spent Saturday at Philadelphia on business.
Miss Ann Waggoner, of Duncan, is visiting her brother, Martin Waggoner, at Marysville.
Mrs. John Steele, of Harrisburg, spent yesterday at Marysville.
Mrs. Scott S. Leiby, of Marysville, spent sometime recently with her parents, Mr. and Mrs. Lewis Tyson, of Harrisburg.
Mr. and Mrs. Charles Beck, of Illinois, are guests of Mrs. Catherine Shaffer at New Cumberland.
Miss Thelma Perigo, of Elkwood, is visiting the Misses Fencil at Anville.
Miss Margaret Worley, of Philadelphia, is visiting her sister, Mrs. John Leaf, at New Cumberland.

Joseph Duersmith Captain of Columbia Fire Police

Special to the Telegraph
Columbia, Pa., Jan. 19.—Joseph Duersmith, a Pennsylvania Railroad policeman, has been chosen as captain of Columbia fire police, which comprises five officers from each company, or twenty-five in all. This force is the creation of Chief Burgess Detwiler, who has, from his own purse, furnished the officers with maces and other equipment. Captain Duersmith was formerly a soldier in the regular army and has a fine military record. This force of fire police is intended to render aid and regulate service in time of fire.

VETERAN CORPS OFFICERS

Special to the Telegraph
Columbia, Pa., Jan. 18.—The Columbia Veteran Corps has elected the following officers:
President, Major E. B. Eckman; vice-presidents, Colonel E. C. Shannon and Lieutenant William Abernethy; secretary, Henry B. Clepper; treasurer, V. Ellis Simpson; chaplain, G. C. K. Sample; directors, C. E. Leisig, Frank J. Blair, D. K. Lockard, Amos Hollinger and Harry A. Bennett.

JUNIORS GIVE PLAY

Special to the Telegraph
Anville, Pa., Jan. 19.—The junior class at Lebanon Valley College has decided to give the annual class play during the month of March. The name of the production will be "In Chambers." Miss Adams, head of the department of public speaking at the college, will direct the cast and E. D. Williams will manage the play. The following officers were then elected for the winter term: President, David Fink; vice-president, Ammon Boltz; secretary, Miss Ella Mutch; treasurer, R. W. Williams.

BRINGS BRIDE FROM OLD HOME

Harry R. Rhines Springs Surprise on His Friends at Waynesboro

Waynesboro, Pa., Jan. 19.—Harry R. Rhines, physical director at the Young Men's Christian Association Building, who had been on a visit with his home people in Ridgway, Pa., returned to Waynesboro yesterday with a bride. This was quite a surprise to his many friends, as when he left to visit his home state, it was on "a matter of business." His bride was Miss Gail Fox, daughter of C. M. Fox, and the couple was married Saturday evening at the parsonage of Grace Methodist Episcopal Church by the Rev. Reginald Shield Radcliffe.

PARTY FOR YOUNG GIRL

Special to the Telegraph
Halifax, Pa., Jan. 19.—Mr. and Mrs. George R. Hoffman gave a birthday party Tuesday evening in honor of the twelfth birthday anniversary of their daughter, Arthula. Games were enjoyed until a late hour when refreshments were served. Those present were: Rose and Nana Mihalovic; Kathryn and Miriam Sweigert; Florence and Hannah Sheesley; Edna Cooper, Esther Wagner, Arthula and Eluska Hoffman, Miss Ivy Hoffman, Mrs. H. W. Huff, Jr., Mrs. E. M. Sweigard, Stanley Sweigard, Stanley Brayan, Charles and Byron Wolfgang, Charles Corstitz, Raymond and Ernest Hoffman, Calvin Chubb and Mr. and Mrs. George R. Hoffman.

BIBLE CLASS OFFICERS

Special to the Telegraph
Mechanicsburg, Pa., Jan. 19.—Officers and directors were elected at a meeting of the Bible class on Monday in the Presbyterian church, Miss Lile George, teacher, as follows: President, Mrs. Esther Miller; first vice-president, Miss Anna George Fultz; second vice-president, Kunkle; treasurer, Mrs. C. E. Umberger; directors, Mrs. S. F. Hauck, Mrs. H. E. Bower, Mrs. R. A. De Frenh, Mrs. C. W. Frey, Miss Ida Eberly, Miss Grace Miller, Mrs. M. A. Arnold and Mrs. L. G. Firestone. The devotional service was conducted by Mrs. R. A. De Frenh.

RECEPTION ON BIRTHDAY

Special to the Telegraph
Anville, Pa., Jan. 19.—G. R. Kreider, of Sheridan avenue, was tendered a reception at his home on the anniversary of his fifty-first birthday. Those present were Congressman and Mrs. A. S. Kreider, Mrs. M. J. Kreider, Mrs. C. M. Coover, Mr. and Mrs. Charles Christensen, Mr. and Mrs. A. Meyer, Mr. and Mrs. H. Meyer, Mr. and Mrs. Joseph Kreider, Professor and Mrs. E. E. Sheldor, Mrs. C. V. Henry, Mrs. G. R. Kreider, Jr., Mrs. Robert Kreider and Miss Louise Kreider.

BANK INSTALLS MACHINE

Special to the Telegraph
Mechanicsburg, Pa., Jan. 19.—Keeping pace with the times in the way of the latest improved business methods, the First National Bank has just installed a Burroughs adding, posting and statement machine, operated by electricity. This is really a substitute for pen and brain in bookkeeping methods. By the machine method all the work of recording and figuring customers' accounts is handled on a bookkeeping machine. Checks and deposits are entered on the ledgers and the necessary addition and subtraction is done automatically and with no chance for error.

CAUGHT IN BELTING

Special to the Telegraph
Marietta, Pa., Jan. 19.—Frank Long, of Sports Hill, was badly injured when his clothing caught in the gears of the rapidly revolving machinery at the Manheim machine shop and he was slowly being drawn in when fellow-worker, Fred Adams, saw the danger and threw the wheel. His left shoulder was dislocated and he is badly injured about the body and internally.

BIBLE CONFERENCE

Special to the Telegraph
Dillsburg, Pa., Jan. 19.—To-morrow morning the ten-day Bible conference and evangelistic campaign of the Messiah Bible and Mission Training School will open. The morning and afternoon of each day will be taken up by the Bible conference and evangelistic work each evening, in charge of I. Shoenberger, of Ontario, and J. N. Hoover, of West Milton, Pa.

BANK ELECTS OFFICERS

Special to the Telegraph
Middleburg, Pa., Jan. 19.—Stockholders of the First National Bank of Middleburg met at the banking house yesterday and elected the following directors: President, G. Alfred Schoch; cashier, James G. Thompson; assistant cashier, J. E. Haldeman and William Roush; directors, James G. Thompson, G. Alfred Schoch, M. Miller, Waldo Wittenmeyer, John Showers, Jerry Charles. This is the leading bank in Snyder county.

INSTITUTE AT HOGESTOWN

Special to the Telegraph
Mechanicsburg, Pa., Jan. 19.—On Friday and Saturday the Cumberland County Farmers' Institute, under the auspices of the Department of Agriculture of Pennsylvania, will be held in the Presbyterian Church at Hogestown, about two miles north of this place. The Rev. T. P. Ferguson will preside and the program includes the following speakers: Prof. Franklin Menges, of York; E. L. Phillips, New Bethlehem; Sheldon W. Funk, State College; and Vance C. McCormick, of Harrisburg.

SOCIETY ENJOYS MEETING

Special to the Telegraph
Shiremanstown, Pa., Jan. 19.—Members of the Mite Society of the Bethel Church of God met at the home of Mr. and Mrs. John L. Miller and the program included the following: reading, Mrs. Benjamin Baker; singing by quartet; reading, Glenn Krone; solo, Mrs. R. N. Atticks; instrumental, Mrs. Stanley Bates and Miss Mary Atticks; concert by sewing class; recitation, Donald Herman.

ILL TWENTY-SIX YEARS

Special to the Telegraph
Marietta, Pa., Jan. 19.—After an illness of twenty-six years, Mrs. Mary Patton, wife of Abram Patton, of Salisbury township, died last night, aged 72 years. She had been bedfast many years. Besides her husband, four children and a number of grandchildren survive.

LECTURE ON "MANILA"

Special to the Telegraph
Halifax, Pa., Jan. 19.—An illustrated lecture on "Manila," given by the Halifax torch-shed company, took place at the Grange Hall on Tuesday evening, was attended by an audience that packed the house.

WEST SHORE NEWS

Marysville Man Seriously Injured by Auto at York

Marysville, Pa., Jan. 19.—W. Foster Palmer, of this place, was struck by an auto at York on Monday evening. Palmer, who is visiting his aunt, Mrs. Daisy Spangler, stepped off the curb and was struck by a passing auto which stopped and took him unconscious to the hospital. A message was received by his father, Albert Palmer, and brother, Lloyd, of this place to hurry to the hospital as it was doubtful he would reach another evening. Robert is a soldier in the army at Honolulu, Hawaiian Islands. Palmer who is 24 years old, played first base for the champion Marysville team of the Dauphin-Perry league until he broke his collarbone in a game at Newport late in the season. He is an employe in an office of the local Pennsylvania railroad yards.

MRS. SUSANNA VARNES BURIED

Marysville, Pa., Jan. 19.—Funeral services of Mrs. Susanna Varnes, who died on Friday were held yesterday afternoon at 2 o'clock. The Rev. C. A. Parsons of the Church of God, assisted by the Rev. S. B. Bidlack, of the Methodist church, officiated.

THIRD WEEK OF SERVICES

Marysville, Pa., Jan. 19.—The union revival of the town's churches that supported the Hillis campaign here, is now on its third week. The services for this week are being held in the Church of God.

CLUB'S FIRST SOCIAL MEETING

Lemoyne, Pa., Jan. 19.—To-night the first social meeting of the Lemoyne Musical Club will be held at the home of its secretary, Miss Francis Sutton in Herman avenue. A program arranged by Miss Mildred Witman and Bruce Pryor will be presented. The membership of the club to date numbers nearly thirty members and many are expected to join at the meeting to-night.

SERMON TO P. O. S. OF A.

Lemoyne, Pa., Jan. 19.—P. O. S. of A. members of the Lemoyne high school were received this morning by officers: President, William H. Erb; vice-president, Sterling Fair; master of forms, Harry Orris; conductor, G. M. Mather; recording secretary, G. M. Washington; financial secretary, E. B. Mowery; treasurer, J. W. Reeser. Plans were made to attend the Lutheran church in a body, Sunday evening, Feb. 6, when the Rev. E. L. Manges will preach a special sermon.

HIGH SCHOOL GETS BOOKS

Lemoyne, Pa., Jan. 19.—Books for the new library of the Lemoyne high school were received this morning, consisting of 51 volumes, an unabridged dictionary and an encyclopedia. The library was given to the school by H. E. Baum, who has retired from the board after a long service. Professor Leininger, principal of the high school, selected the books.

PARCEL POST SALE

Lemoyne, Pa., Jan. 19.—The senior class of the Lemoyne high school will hold a parcel post sale in the Lemoyne firehouse January 29. The proceeds of the affair will be devoted toward the commencement expense fund.

WILL ENTERTAIN GUILD

New Cumberland, Pa., Jan. 19.—Miss Ruth McCrea will entertain the Endora Guild at her home in Bridge street on Thursday evening.

REPAIRING MILL MACHINERY

New Cumberland, Pa., Jan. 19.—Work on the machinery of the mill is being repaired of the carders which were destroyed by the fire at the woolen mill last week. The departments of weaving and finishing are working on full time.

BIRTH ANNOUNCEMENTS

Mr. and Mrs. Claude Wolf, of New Cumberland, announce the birth of a daughter, January 18. Mrs. Wolf was Miss Ruth Weaver prior to her marriage.
Mr. and Mrs. Harry Myers, of New Cumberland, announce the birth of a daughter, Saturday, January 15.

CHURCH OFFICERS CHOSEN

Lemoyne, Pa., Jan. 19.—Officers of the Church of Christ have been elected as follows: Superintendent, C. Hamilton; assistant superintendent, C. R. Renecker; secretary, Raymond Witman; assistant secretary, Miss Nellie Bowman; pianist, Karl Etshied; assistant, Miss Hazel Kuban; librarian, Joseph Hamburg and Hugh Menges; treasurer, James Hinkle.

APPOINTMENTS POSTPONED

Lemoyne, Pa., Jan. 19.—Appointment of committees which was to have taken place at a meeting of the Lemoyne council last night was postponed until next Tuesday night.

TWELVE CONVERTS AT LEMOYNE

Lemoyne, Pa., Jan. 19.—Last night the subject of a sermon by Evangelist Davis in the United Evangelical Church, "What Kind of a World is This, and How to Keep Out of It." Twelve persons were converted, making a total of 94. Prayer meetings are being held every morning in the church and this evening a women's prayer meeting will be held before the meeting. Sunday morning the evangelist will preach to the congregation.

AVOID ST. VITUS' DANCE

Physicians are baffled by St. Vitus' dance because it is a nervous disease in which they can find nothing actually wrong with the nervous system. Long before the child becomes awkward and begins dropping things ropey, there is a period in which the appetite is fickle and the patient is tired and listless. The jerking movements characteristic of the disease come much later.

In the early stages a good tonic for the blood and nerves will go far toward preventing the development of the disease. But the tonic must be free from alcohol and opium for these make the nervous condition worse. When your child appears listless, prefers to sit and read rather than go out and play and requires entirely too much time to get his or her lessons, give a course of treatment with Dr. Williams' Pink Pills. They cannot do harm, the system is sure to be benefited and you may avoid serious trouble. These pills build up the blood, nourish the central nerves and improve the general health.

Your own druggist sells Dr. Williams' Pink Pills or they will be sent by mail, postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by Dr. Williams Medicine Co., Schenectady, N. Y. Write for free booklet on "Nervous Disorders."

STOP COUGHING!!!
DEPTONOL
MADE IN A HEALTH RESORT.
AT DRUG STORES—\$1.00 PER BOTTLE
THE DEPTONOL CO.
ATLANTIC CITY, N. J.
E. J. GROSS, 119 Market St., Harrisburg, Pa.

SKATING SETS The Craze of the Hour.

Fine Australian wool, knitted plain, Angora or fancy stripe; all the wanted colors. Our ground floor special.

Other Sets, \$1.25, \$1.50, \$1.65 & \$1.98 Set **98c Set**
The "Barqain Spot" in Harrisburg
TO-MORROW STARTS-- THE BIG ANNUAL SALE OF BEST CORSETS

R. & G. RUSTLESS OR LA MODETTE LACE FRONT CORSETS — new 1916 model, medium bust for average figure; wide hose supporters; sizes 18 to 30; values \$1.25 and \$1.50. Special, **\$1.00**

R. & G. RUSTLESS DOUBLE STRENGTH CORSETS—NEW MODEL —also R. & G. Rustless Lace Front Corsets, new model, fine coutille, wide rubber tipped hose supporters; sizes 18 to 30; values \$2.00. Sale price, **\$1.50**

R. & G. RUSTLESS CORSETS — The wanted flesh color—Jacquard woven coutille lace front ventilated back, no stays over hipbone, six wide hose supporters, medium bust; sizes 18 to 30; value \$3.00. Sale price **\$2.25**

R. & G. Rustless, Her Majesty's and Kant Rust Corsets All sizes of all styles; latest 1916 models, wide rubber tipped hose supporters, medium high bust; values up to \$1.00. To-morrow, choice, each **50c**

Extra R. & G. and Other Good Make Corsets Accumulation of Factory Samples; latest models. Some slightly soiled, some with small oil spots from the machines. Values up to \$2.00. Sale price **69c**

R. & G. Rustless or Marvel Corsets. 1916 Model. Fine heavy coutille, new medium bust for average figure, wide hose supporters, rubber tipped; sizes 18 to 30; value \$4.00. Sale price, each **79c**

—other ground floor Bargains
Women's Stockings, linen heels and toes **12 1/2c**
Handbags **98c**
Dr. Denton Child's Sleeping Garments **50c and 59c**
Burlington Stockings; no seams; to-morrow, pair **17c**
45-inch Fine Lace Flouncings, worth to \$1.75; yard **98c**
Boy Scout Lined Gloves, wool lined, 50c kind; pair **25c**
John J. Clark's Sewing Thread; spool **2c**
Silk Hosiery, all colors; each **25c**
Women's Warm Fleece Vests or Pants; each **25c**

Gloves A Great Sale
Plenty here — so scarce elsewhere. White Chamoisette Gloves—washable. Sizes 6 to 7 1/2. To-morrow, pair **50c**

SPECIAL—2-clasp French Kid Gloves, White, Black, Tan; every pair guaranteed perfect; all sizes; to-morrow, pair **85c**

Child's Capeskin Lined Gloves; very warm pair **50c**

GROUND FLOOR Astrich's GROUND FLOOR

certs, while in the evening he will close his services here by preaching on "Eternity."

MEETING OF W. C. T. U.
Lemoyne, Jan. 19.—A meeting of the Woman's Christian Temperance Union will be held at the home of Mrs. Decker in Bosler avenue on Thursday afternoon.

News Items of Interest in Central Pennsylvania
Special to the Telegraph
Hazleton, Pa., Jan. 19.—Francis Thomas, the Drifton young man acquitted at Mauch Chunk of slaying Game Warden Joseph McHugh, of Weatherly, when the latter arrested him on a charge of Sunday hunting, resumed work yesterday in the Drifton mines of the Lehigh Valley Coal company. A big reception was tendered him by the men of the colliery, who contended that the shooting was accidental.

MARLOW WEIRICH BURIED
Middleburg, Pa., Jan. 19.—Marlow, the 9-year-old son of Mr. and Mrs. Charles Weirich of Middleburg, was buried in the Middleburg cemetery to-day. The little fellow had been ill with typhoid fever for six weeks.

TO ENTERTAIN MITE SOCIETY
Special to the Telegraph
Hummelstown, Pa., Jan. 19.—Mrs. P. W. Hartwell will entertain the ladies of the Reformed church Mite Society at her home in Poplar avenue this evening. A social time will be enjoyed and refreshments served.

To Fight Tuberculosis
The best weapons any sufferer can obtain are those which Nature places close at hand—fresh air, plain, well-cooked food, rest and personal hygiene. Also, it is well to keep your hopes high and your courage strong. But many cases do not yield even to the fullest exercise of helpful measures. Even in their incipency there is need for something more. Nature does all she can, but must have help—and medication is indicated.

In many instances Eckman's Alternative has been used with beneficial results. No exaggerated claims are made for it. Its reputation rests on what it actually has done. And it is safe to try, for it does not contain any poisonous or habit-forming drugs. You can get it from your druggist or direct.

BELL-ANS
Absolutely Removes Indigestion. One package proves it. 25c at all druggists.

CREME LILAS
Non-greasy Toilet Cream — Keeps the Skin Soft and Velvety in Rough Weather. An Exquisite Toilet Preparation. 25c.
GORGAS' DRUG STORES
16 N. Third St., and P. R. R. Station

C.M. Sigler, Inc.
— Pianos — Victrolas —
30 N. 2nd St.
HARRISBURG, PENNA.

QUAKER HERB EXTRACT
More Great Results Reported to the Health Teacher Daily

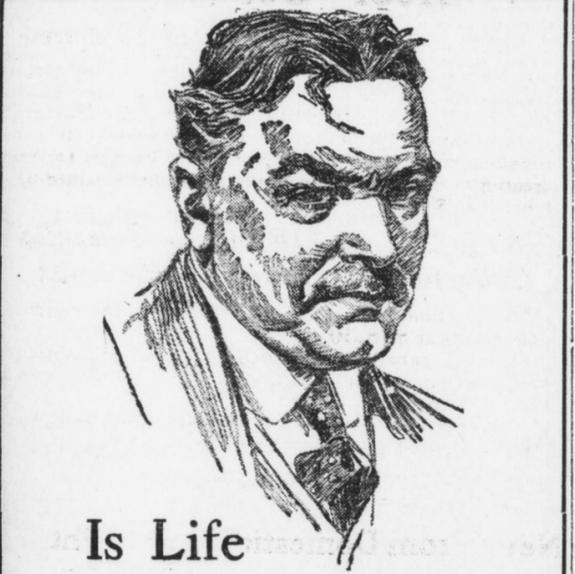
The wonderful work continues. One person who has been benefited by the famous Quaker Herb remedies has been telling others and as a consequence there is now an endless chain of people calling at Croll Keller's drug store to learn about or to be supplied with these grand result-giving medicines. It is true a great many people call who are afflicted in such a manner where Quaker Extract is of no help, but in such cases the health teacher never recommends it as he is more desirous of producing results than disposing of medicines and then have people report that they were not even relieved by them. To again prove what Harrisburg people think of the Quaker Herb remedies just read some of these reports from people who have used them. Some people may doubt these reports, but inquire, if you wish, of any person connected with Keller's drug store and they will cheerfully verify that some of the results reported are even more wonderful than the health teacher would care to publish. In cases of rheumatism, catarrh, stomach troubles, kidney, liver and bladder complaints, impure blood, nervousness, by all means people should give the Quaker remedies a trial at once. They cannot possibly harm and are sold in such a fair manner and upon such easy terms, that no person will be inconvenienced financially or otherwise by starting in to try them to-day. Just read a few recent reports:

Mrs. Emma Best said: My boy is 3 years old. He was pale and nervous, would bite his nails, pick his nose and grit his teeth and constantly complained of his stomach. I gave him Quaker Herb Extract and Quaker Worm Candy and in a few days he expelled thousands of small worms. Since then he is feeling fine and is now in excellent health.

Mrs. Freda Knoppe said: A few weeks ago I stated in the papers that I had been cured of a severe case of catarrh of the head, throat and stomach after taking Quaker Extract only six weeks. Many people told me that my cure was only temporary, but I can state again to-day, that I am still well and no symptoms of catarrh have returned.

Michael J. Corcoran, value clerk, age 39, said: Quaker Herb Extract is a real blessing. I can state openly, and I do so proudly and cheerfully, that this great remedy cured my rheumatism after all remedies I had previously tried had failed to even give relief. I had it in my knees and ankles, but now I am well and I thank Quaker Extract for it.

By all means call on the health teacher to-day or to-morrow if you can. He may be seen at CROLL KELLER'S DRUG STORE, No. 405 MARKET ST., daily from 9 A. M. to 9 P. M. If you cannot call order by mail or phone. Quaker Herb Extract, \$1.00 per bottle; 6 bottles for \$5.00. Oil of Balm 50c per bottle. Ask him any questions you wish pertaining to the wonderful Quaker remedies and he will cheerfully answer them. Do not delay your visit as he will not be located here permanently.



Is Life Worth Living?
It Depends Upon the Liver.

Wrong living is the cause of most physical ills and generally stomach and liver are first to suffer.

Coffee drinking is a very common cause of digestive disorder, but it usually takes the user some time to fully realize it. Fact is—some people drink coffee with seeming impunity, but when disturbances of the digestive organs result in headache, biliousness, irritability and other common symptoms of caffeine poisoning it's time for the coffee drinker to look to his morning beverage for the true cause.

For any coffee drinker who finds that his health is wrong, but don't know just why, it's a good idea to quit the coffee and use

POSTUM
the pure food-drink

Made of wheat and a small amount of molasses, Postum has a rich, snappy flavour much like that of mild Java coffee yet contains no caffeine (the drug in coffee) nor other harmful element.

There are two forms of Postum. The original Postum Cereal must be boiled; Instant Postum is soluble in boiling water and can be made in the cup at table. Both kinds are equally delicious and the cost per cup is about the same.

A change from coffee to Postum is a good move toward right living.

"There's a Reason"

Send a 2-cent stamp to Postum Cereal Co., Ltd., at Battle Creek, Mich., for a 5-cup sample of Instant Postum.