WASHMGGOW LETTER.

##  EATONIC Acid-Stomach m



When a Federat Bureau reminds you that children should not drink coffee or tea-why not think of your own health?
$\begin{aligned} & \text { The Federal Bureau of Education includes } \\ & \text { in its rules top promote health among the Nation's }\end{aligned}$
shool children, the warning that children should
not drink coffee or tea.
$\begin{aligned} & \text { The reason is well known. Coffee and tea } \\ & \text { tain drags which stimulate and often over- }\end{aligned}$
excite the neryes, and so upset health.
$\begin{aligned} & \text { The harm is by no hieans confined to chil- } \\ & \text { as any doctor can tell you. }\end{aligned}$
$\begin{aligned} & \text { If health is valuable to chrildhood, it is valu. } \\ & \text { always. If harm to health should be avoided }\end{aligned}$
ble always. If harm to health should be avoided
$\begin{aligned} & \text { until bodies grow up, is it worth taking a } \\ & \text { with health when bodies have grown up? }\end{aligned}$
You can have that delicious and satisfying
$\begin{aligned} & \text { cereal beverage, Postum, with any meal, and be } \\ & \text { safe- you, and the children, too. There's charm }\end{aligned}$
$\begin{aligned} & \text { safe-you, and the chillur. } \\ & \text { without harm in Postum. }\end{aligned}$
$\begin{aligned} & \text { Postum comes in two forms: Instant Postum (in tins) } \\ & \text { anade instantly in the cup by the addition of boiling water. }\end{aligned}$
$\begin{aligned} & \text { made instantiy in the cup by the addition of boiling water. } \\ & \text { Postum Cereal (in parkages of larget oulk, for those who } \\ & \text { prefer to make the drink while the meal is being prepared) } \\ & \text { made by boiling for } 20 \text { minutes. Sold by all grocers. }\end{aligned}$
The road to health is a good road
for anybody to follow

## Tired







