

## Would You

 Apply for the Job?Thousands are trying the experiment every day in spite of the fact that

That the average cup of coffee contains about $21 / 2 \mathrm{grs}$. of caffeine
That caffeine is attributed to be one of the principal
causes of headache, biliousness, heart disease, indiges. tion and kidney, liver and bowel trouble;
That caffeine in doses as small as that contained in two average cups of coffee has killed rabbits, guinea pigs
and other animals at the laboratories of the Government in Washington and elsewhere.
To be sure a guinea pig or a rabbit may weigh but a pound or two, while the
average human may weigh 100 times as much. A few cups of coffee or a single cup (according to the resistance of the in-
dividual) will not kill, but the poison is there and can be added to day by day. That's why so many coffee drinkers suffer from headache, dizziness, indigestion and other symptoms referable to the poison effect on heart, liver,
nerves, kidneys and stomach. If you know coffee has no bad effect in your particular case and you like it,
why bless your heart, stick to it, but if coffee drinking leaves its tell-tale mark
by some symptoms of physical discomfort or peace of mind, it's a good idea

## to stop and use

## POSTUM

This pure food-beverage, made of prime wheat and the juice of southern
sugar cane, makes a rich, seal-brown blend turning to golden-brown when cream is added, which tastes much like real Oriental Java but is absolutely
free from the coffee drug, "caffeine." Postum comes in two forms. One, called Regular Postum, must be boiled full 15 minutes.
The other, Instant Postum, is in powder form and a level teaspoonful in a
cup of hot water makes the beverage instantly. Grocers keep both kinds.
"There's a Reason" for POSTUM


| Miss Mary Winn left Wednesday morning for Henderson, where she will vistt friends. <br> Harry Cerrey visited frlends in Orion over Sunday. <br> The Women's Home and Foreign Mission society of the Presbyterian church will meet with Mrs. Marie Bradiord at Burgess Wednesday, Octo- ber 8 ber 8. <br> Mesdames T. A. Dunlap, T. F. Sexton, W. T. Bafley and Miss Lucy Spleer went to New Boston Wednes day, to attend a county convention. Rev. Mr. Nesbitt addressed the convention Wednesady vening. <br> Miss Fern Hardin, who is teaching near New Windsor, was a guest at Gwen Thomas, from Friday until Monday. <br> Mrs. J. M. Dingwell and baby left Tuesday evening for Millon, lowa parents, Mr. and Mrs. J. Haney. <br> Mrs. W. H. Mettler returned to her bome in Tislidwa Monday morning atter spending several days at the home of Dr. Lipton with her mother and sisters. Mr. and Mrs. Mettler have sold their home in Tiskilwa and have purchased a fine home in LaGrange, a short distance from Ch1 cago. They expected to move there ab jut Oct. 10. <br> F. D. Gehant of West Brooklyn came |
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