AFPARS AT SOUTH OMAHA Officers of State Charities Conference
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 Suffragists Plan
For the Campaign



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## If Coffee

## Don＇t Agree

Much of today＇s nervousness，indigestion，languor， kidney and liver trouble，come from indiscretions in eating and drinking，so commonplace that they are seldom considered till Nature pulls one up with a sharp jerk．

More often than is suspected，coffee is the cause of these troubles．

A simple，easy way to discover the real cause and relieve one＇s self of a lot of discomfort is to quit coffee or ten days and try

## POSTUM

This beverage contains none of the coffee drugs caffeine，tannin，etc．）which are responsible for many human ailments，big and little．Postum is a food－drink made from prime wheat and a bit of molasses． pure and contains only the wholesome goodness the grain．

Postum comes in two forms
Regular Postum－must be boiled， 15 e and 25 c packages

Instant Postum－a soluble form．\＆teaspoonful stirred in a cup of hot water dissolves qutckly and makes a most delightful beverage，w
sugar added to taste． 30 c and 50 e tins．

The cost per cup of both kinds is about the same． Thousands who have changed from coffee to Postum know
＂There＇s a Reason＂

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