LIFT CORNS OFF
IT DOESN'T HURT










## Is Your Table Drink <br> A Real Part of the Meal?

There's no food value in coffee or tea.
They are only accompaniments to the meal are only accompaniments to the

## postum Cereal

is part of the meal and a right royal part, as one welldknows who enjoys a
hot, full-flavored cup of this snappy invigorating drink.

Why do hundreds of thousands of Americans now drink Postum in preference to coffee?

The better health from a 10 days' trial in your home will tell.

Postum is boiled just like coffee ( 15 minutes after boiling begins), is a beveconomical.

Two sizes, usually sold at 15 c and $\mathbf{2 5 c}$.

## liome Town F Helps ${ }^{\psi}$

WITH ROOSEVELT IN AFRIC





## GrowWheat in Western Canada



