


## Why should you follow a crooked path?

## Often a cowpath has been allowed to become village street, and as the villege expanded, a village street, and as the village expanded,

 sion of a cow's willHabit is always forging choins to enslave us,
that what hes been found bearable by the fathers in accepted by the eona

Who cannot recal the coffee-pot Mother put on the stove early in
not to let it boil over?

As children, we were net permited er coflee, because it would stunt our growu or make us nervous and inritable. When older, howeves, we craved a hot drink with meals, and ,
Finally upon the instructions of the doctor,
other gave up her tea and coffee. But that meant nothing in our young lives. Our vitality then strong enough to throw off any ill effects,
But our time came, and we learned by experience that we could not drink tea or coffee When we had it for breahfast it put our nervee on edge. When we drank it at the evening meal,
we tossed about in wakefulness most of the night. And then we found Postam, a pure cereal tea and coffee. We liked the rich, satisfying flavor of Postum-and also the better health which remany of our neighbors had made the same dis. covery-had learned the vatue of "health first.



Postum for Health
"There's a Reason"

