## A Healthful Drink With No After Regrets You are sure of satisfaction when you make your table beverage <br> Instant Postum

Coffee drinkers delight in the change because of greater comfort, and the price is attractive because so moderate. All the family will like the flavor of Postum
At Grocers Everywhere Made by Postum Cereal Co., Inc., Battle Creek.Mich.

## GROWING TIMBER WILL PAY WELL



CASE IN HORTHWEST Cited

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Eruptions of the Skin Cause Torturous Itching







Kill That Cold With CASCARA - QUIN

Neglected Colds are Dangerous
Take no chancon. Keop this atandard remedy hancy for

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ALL DRUGGISTS SELL IT

## Another Royal Suggestion

## Griddle Cakes and Waffles

From the New Royal Cook Book $\xrightarrow{\text { There if an art in }}$

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## FREE




