## APENTA

THE BEST NATURAL PURGATIVE WATER. ORDINARY DOSE-A Wincglassful before Breakfast The good effeots of Apenta Water are maintained by emalier SPARKLINGG APENTA IN SPLITS ONLY.
Refreshing and Pleasant Aperient for Morning Use. Sole Esporters: THE APOLLINARIS CO., Lid, Londom



NEBRASKA FROM DAY TO DAY ROOSETELT WRITES POLLARD






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## -Miss Nervis Hedake

## 20 Years on Coffee

with dyspepsia and headache for company induced a woman "If I had only 50 cents left would invest it:

## Postum - 25 cents Grape-Nuts 15 cents Creani- $=10$ cents

## and I'd live like a queen while it lasted.'

 OSTUM she knew its value and spoke form the heartThis woman formerly had a visit about every 3 days from yellow-skinned, sorswny and irritable ancient person known as
Old Miss Nervis Hedake. But one day she broke friendship with her when she quit Coffee, and for the past 7 years she has been by Poetum Co., Battle Creek, Mieh.
"There's a Reason" for

