Copley, Jeweler, 215 S. 16th, 25th year. these occasions. Already Irving A. Fond, Fidelity Storage & Van Co,-Doug. 1516. an architect of Chicago, is scheduled to Have Boot Print It-Now Beacon Press. Life Ins? Tes. Penn Mutual. Gould. Humane Officer's Telephone, D. 175. A. M. Davis' quality cards is the thing

for Christmas. A. Hospe Co., 1513 Douglas. Emas Lighting-Burgess-Granden Co. By Making This responsible trust company executor and trustee you will avoid all contingencies and disabilities of individual trusteeship at moderate cost to your estate. Peters Trust company, 1622 Farnam street.

Young Stevens Breaks Arm-Howard Stevens, 10-year-old son of Mrs. Percy H. Stevens, 5106 Capitol avenue, broke his orm while chasing a pet rabbit

Faulkner Besigns Dundes Job-Samuel Faulkner has resigned his position as fire department chief at Dundee. The Village board is now looking for some one to fiil his place.

Gives Farewell Luncheon-Mrs. W. A. Green gave a farewell luncheon to seventeen friends at the Pompeian room in the Brandels stores. Cards formed part of the entertainment.

Catholics Will Banquet-Following the a sumptuous feed will be spread. F. J. McArdle, F. H. Koester and William ville. Maher have charge of the entertainment. Deadwood Lad Joins Navy-D. C. Kel-

logg, 17 years old, of Deadwood, S. D. has been accepted for enlistment in the navy, at the Omaha recruiting station. Kellog is a brother of the young man who last May walked from Crawford, Neb., to Omaha, a distance of 479 miles,

in order that he might join the navy. To Advertise Lincoln Highway-An effort is being made by the Lincoln Mem-

orial Highway association to induce all business houses along the line of the Lincoln Highway to use at the head of their stationery a little copyrighted slogan, printed on a blue field, "On the Lincoln Highway; We Are Contributers."

Miss Ooffey to Leave Omaha-Miss Leone Coffey, who has been in the employ of the Commercial club as a stenog-\$75,000 rapher and file clerk for the last three John Longfield, watchman at the wareyears, has accepted an offer from J. M. house of the American Tobacco company at Madison, Wis. was killed while on duty by a burgiar whom he found trying to open the saie. A shotgun was used. Guild, former commissioner of the club, to go to Dayton. She is preparing to leave about the 20th of this month,

Complaints Against Labor Agency-David Berkowitz, license inspector for the city, filed complaints against the Domestic Labor agency, 107 South Fourteenth street, and the Omaha Messenger and Express company for maintaining their respective establishments without the formalities of a license which is rethe formalities of a license which is re-guired by the city ordinances. The hearing of the cases will come up next week. Indiana will not be a speaker at the pro-gressive rally in Chicago Tuesday. Mr. Beveridge is writing a book and in order to complete it in a specified time he has been obliged to cancel all other engages Allen Moves to Beatrice-Thomas R. Allen, who for several years has been the South Omaha agent for the Great Western, leaves for Beatrice Sunday, ments. where he goes to accept the secretaryship of the Commercial club of that city, He

Six hundred union men, members of the Fargo, N. D., and Moorhead, Minn., build-ing alliance, last night voted unanimously to strike, following the announcement by employers of the two cities that the open shop policy would go in effect, Monday. takes his family with him and will immediately take up his residence in his new home. In Divorce Court-A decree was

In Divorce Court—A decree was granted to Harry Elerding, defendant in a suit brought by Lillian M. Elerding. Mrs. Ida M. Tapley secured a divorce from James H. Tapley on the ground of desertion. Anna E. Bryant filed a petition against Francis A. Bryant. Charles F.

against Francis A. Bryant. Charles F. Simmons asked a separation from Bessie A. Simmons. Beveral Are Fined—Petit larcenists got full measue for their activities by Judge Foster. Pat McKnight, who has to promonally for ancks of grain and feed. The bill of exceptions in the trial of F. Drew Caminetti constitution of a propensity for sacks of grain and feed,

of the year a line of good speakers will again be obtained to address the club or Valuable Educational Directory Isspeak before the club in January. Following him the next week Wood Hutchinson of New York is to speak. MANY NEW FEATURES APPEAR

the first of January. Beginning the first

Salt Rate Hearing-R. V. McCroskey, traffic manager of the Morton Salt com pany of Chicago, will arrive in Omaha this morning to confer with Assistant Manager C. E. Childe of the traffic nection with the complaint involving rates and reparation on salt shipments

Old Fox Open for Offers.

The "Educational Directory" for the from Kansas points. A hearing will be held Monday in the Federal building by officers, city school superintendents in all Examiner Henderson of the Interstate cities and towns in the United States and Ensign Young was rendered. commerce commission. over 4,000 population; county, township

Boy Rikers at Brandels-The three and district superintendents; presidents California lads who are walking across of colleges and universities, principals of the country on the Lincoln highway have normal schools, summer school directors, decided to remain in Omaha a few days educational associations, etc., has just to demonstrate that they can entertain been issued for free distribution by the as well as hike. They are appearing United States Bureau of Education. The every day as cabaret performers in directory, a book of 160 pages, contains Brandels stores Green Tea room. Francis all changes reported to the bureau, and Murphy, second, is an operatic baritone represents the very latest available in-

Various

of excellent standing. Herbert G. Her- formation with regard to school officers ring is a planist and Paul W, Anderson and school agencies. Installation of officers of the Catholic appear in their cross-country walking sives the name of the officer, his term acts as manager and announcer. They | The list of city school superintendents clothes. On the return from the At- of office, date of original appointment, lantic coast they expect to enter vaude- date, when his present term expires, and

the salary he receives. In the case of the county, township and district superntendents, only the name of the official Griffith says the only thing he has left and his county headquarters are given. of his team to trade is a couple of catch-ers. Griff is willing to dispose of Wil-liams and Owens, the latter secured from Minneapolis this fall, for a good hard-hitting outfleider. Many new features appear in this year's directory. With the various state superin-

sued by Federal Bureau.

Schools Mark Approach of Holl-

day Season-Educational

Notes.

Activities of Nearby

tendents are given the state supervisors of rural schools, inspectors of high schools and other state school officers. There is Culls from the Wire cation, officers of state library commissions, boards of trustees of universities The value of Missouri's farm crops for 1913 is \$175,787,125, according to the an-nual crop report. and colleges, presidents and deans of schools of theology, law, medicine, dentis-try, pharmacy and veterinary medicine. try, pharmacy and veterinary medicine. Joseph H. Young, president of the Hill ines in Oregon and of the Spokane & Whether a college is "co-ed" or not is Someph A. Loung, president of the Hill lines in Oregon and of the Spokane & Seattle railway, has resigned.

carefully indicated. Seven store buildings in the main street of Vienns, S. D., were destroyed by fire this afternoon. The loss is estimated at Schools for the blind and schools for the deaf are represented by the name of the superintendent. There is a list of chools for the feeble-minded, directors of schools of art, and directors of museums. The list of summer school directors contains the probable date of the

1914 negation. John W. Scully of South Norwalk, Conn., was elected president of the United Hatters of North America in a refer-endum election held yesterday in the various hat manufacturing centers throughout the country. To the list of educational associations is added that of the boards and foundations and church educational boards and societies. Superintendents of Catholic parochial schools are listed, as are also

Two men, father and son, of the name of Krumwelde, were killed yesterday when a car on the Lake Minnetonka Electric line struck an automobile at Jewish educational organizations, international associations of education, meetings of state teachers' associations, nothers' congresses, and state federations of women's clubs. A list of educational Former Senator Albert J. Beveridge of periodicals is appended.

PERU STATE NORMAL.

President Hayes Will Address National Educational Association. Frof. F. M. Gregg lectured before the agricultural classes last Wednesday aftrnoon. He gave his illustrated lecture, 'Nebraska's Geological Story."

festival. Vacation will be from December 20 to

fanuary 5, Inclusive. A splendid response was received from

up for the tryouts for the internormal de- terian church at the close of the week. bates, give the Peru plan of handling model weather.

THE BEE: OMAHA, MONDAY, DECEMBER 15, 1913.

SCHOOL AND COLLEGE WORK will appear on the program, discussing "The Teaching of Sociology in Secondary Schools." Frot. J. G. W. Lewis will at-

tend a meeting of the American Economic society to be held at the same place. On the afternoon of December 11, Menames. I. H. Britell, U. S. Conn., J. M. Cherry and C. H. Bright entertained a group of 150 ladies in a most delightful manner at the home of Mrs. Britell. The house was decorated in poinsettas, suggestive of the approaching

holiday season. A unique game of "tradelasts," raining good will and cheer upon all, was indulged in. During the threecourse luncheon a musical program con-

year 1913-14, containing lists of state a host sleting of vocal, violin and plano solas by Misses Marjorie Kohl and Ardath Conn girls have stayed in school under the Night schools of cosmopolitan character

FEWER MEDICAL SCHOOLS. Decrease Also Reported in Number of Students.

There are fourteen fewer medical schools in the United States than there

were a year ago; 1,20 fewer persons studied medicine in 1913 than in 1912; and there was a decrease of 500 in the number of medical graduates, according to figures compiled at the United States bu-

eau of education. The reduction in the number of medical schools is part of a steady movement for improved medical education that has been going on for the last eight or nine years. The senior class is preparing to he play "Strongheart" on the board The American Medical association, the various state medical societies and other time in February. agencies have aroused public opinion to time in February. Last Friday evening one of the most enjoyable affairs ever given at the nor-mal was held at the rink. It had been advertised as the "Circus," and everyone present united in saying that it had been rightly named. Each class and organiza-tion had some stunt to offer to the pub-lic, and all were well patronized. such an extent that seventy-nine medical colleges have either merged with other institutions or ceased to exist, and the standard of mdical training has been raised considerably. Of the 101 medical

a list of officers of state boards of edu- schools now listed at the bureau, fiftythree are requiring one or more years of offlege work as a prerequisite to entering Night School Staff upon the study of medicine. State examining boards in North Dakota, Iowa, Minnesota, Colorado, Indiana, South Dakota and Kentucky have introduced regu-

A banquet was given in the private lations, in most cases to be made effecdining parlor of the Young Men's Christive within a year or two, providing that tian association Saturday in honor of every applicant for a license to practice the educational committee and the teachmedicine shall have studied two years in college, after a four years' high school ers in the association's night school and course, before even beginning medical their wives. About sixty were present training. A similar requirement covering at the banquet. one year of college work will soon he J. H. Beveridge, superintendent of the

enforced by the state board of Connecti- public schools of Council Bluffs, gave cut, Kansas, Utah, Vermont, Pennsyl- the address of the evening. Others who vanla and California.

An interesting feature of the statistics the University of Nebraska; L. M. Whiteis the part played by women. Although head, E. E. McMillian, L. E. Gifford and the total number of medical students has E. S. Jewell. Mrs. Edward Burke rendecreased, the number of women studydered several plano selections and Harry ing medicine has increased. In 1912 there O. Palmer gave several readings. J. W. Miller, secretary of the educawere 18,451 medical students, of whom 712 were women; in 1913 there were 17,238 stu- tional department of the association, predents, of whom \$35 were women. Only sided. seventy women graduated this year, how-

ever, as compared with 142 in 1912.

HASTINGS COLLEGE.

Various Activities Mark Approach ment. of Holiday Season.

The College Outlook, which is our quarterly magazine, giving a report of the college to synod and other interest-The large Chorus club has begun prac- ing matters concerning the college, is ticing "The Holy City," by Gaul. This just, off the press. The Outlook contains is being done in preparation for the May a picture of fifteen students for the minlatry and missionary work now connected

with Hastings college. The Boston Musical club, the second number of the college lecture course, the announcement asking students to sign gave its entertainment at the Presby-Quite a varied program was given to a President Hayes has been invited to large audience in spite of the unpleasant

schools in respect to management and The women members of the faculty organization before the normal committee and wives of faculty members have orof the National Education association, ganized a new basket ball team, under which is to meet at Richmond, Va., Feb- the direction of the athletic director, ruary 24. The object of the committee Coach Ferguson, which promises unusual

yearly feed during the last week. It had

byterian church last Sabbath. Rev. Mr.

out-of-door class rooms facing full south.

Each class room opens on a large un-covered platform opens on a large un-covered platform \$x36 feet, which will be used for the gymnastics and sleetas that are part of open-alr echool work. The college prayer meetings have been one of the interesting features this year. The subjects have been interesting, the leaders awake and the attendance has been unusually large the whole year. Organizations and Individuals Get Busy in The Bee's Contest. been unusually large the whole year. Monday evening the Athenian society will give a play in Doniphan. "Why not Jun?" The play was given in Grand Island on Tuesday evening before a very large and apreciative sudience. The pro-ceeds will be used to help defray ex-penses of decorating the society room. The Junior High school at Grand Rap-ids, Mich., consisting of pupils of the Seventh, Fighth and Ninth grades, has grown in two years from a school of 430 pupils and fifteen teachers to one of \$51 pupils and fifteen teachers to one of \$51 pupils and thirty-six teachers. More boys and girls have stayed in school under the RELIEF IS AFTER ITS SHARE Women's Auxillary to the G. A. R.

Are Working to Get Part of the Cash to Help Monument Fund.

It is now just one week since the first announcement of The Bee's big voting contest. The interest created is wonder ful. Organisations and individual contestants are beginning to take hold in are by no means confined to congested centers in the east. At Gallup, N. M. earnest and labels and coupons are being the following nationalities were repre-sented in a recently established evening achool: American, Spanish, Slavonian, Italian, Servian, Austrian, German, French, Danish, Swedish, Irish, Scotch, English, and Cherokee Indian. Twenty-five different occupations were repre-sented. In ages the pupils ranged from 15 to 62. voted in increased numbers each day. The Memory Day association of the the Republic, has entered the contest, and New books and new tables have been dded to the chemistry department. fered by The Bee would be a handsome addition to the monument fund. The The Christmas spirit enthrails all insses. Gifts are being made and class cooms decorated, plot on which the soldiers' and sailors' in Forest Lawn cemetery. It was donated to the Memory Day association by play "Strongheart" on the boards on mary 16, while the Glee club is prac-ing on "Pinafore" for production some the Forest Lawn Cemetery association. The three Relief corps in Omaha are

asking the aid of members of the Grand Army of the Republic, Sons of Veterans, Spanish War Veterans and all patriotic effort. At the special meeting yesterday licit votes and to collect labels. None of the storner sex is eligible to enter the contest, so the ladles of the Memory Day at Banquet Board association have declared that they will insist that all of their male friends buy

only such articles as have a voting value. All of their menfolk, under the circumstances, will be expected to smoke Lawrence Barrett cigars and to save every band. O'Brien's candies are also

bound to increase in popularity. The contestants in Council Bluffs are fortunate in having so many listed merchants in that city from whom to get voting coupons. The Council Bluffs merchants, whose names appear in The spoke were: Prof. V. L. Hollister, of Bee from day to day, are doing their

share to make the M. and M. contest a big success. In the outside towns the merchants are every effort to make this the biggest and

in Nebraska or Iowa. To Disolve the Union of stomach, liver and kidney troubles

and cure billousness and malaria, take Electric Bitters. Guaranteed. Only 50c. For sale by your druggist .- Advertise- specially chaperoned party of representa- system to throw off the cold. For sale

CONTEST ATTRACTING MANY Bee promises to make the trip so full of Interest that it will be long remembered for its pleasure.

5

Now that The Bee's M. and M. contest, is started and well on its way to become the big event of the winter, every boy and sirl and every woman and organization that contemplates becoming a nomince should enter at once. If you will call at the contest department, 224 Bee building, the contest manager will be glad to give you every detail in a personal interview. The phone is Doug-In.s 3119.

MANCHESTER GUARDS ARE BANQUETED AT ROME HOTEL

Mrs. Emma B. Manchester, supreme guardian of the Woodmen Circle, banqueted the South Omaha Manchester Guards, eighteen in number, at the Roma hotel last evening. Beautiful floral Women's Relief corps, Grand Army of pieces ornamented the banquet room and tables, while each guest was given a members are out for their share of the miniature Christmas tree. Each of the si,000 offered to organizations. At a special meeting called yesterday for the ex- ship. The following were present: Mrs. press purpose of considering this im- Emma B. Manchester, Anna Fluor, capportant question it was unanimously tain; Mrs. Kate Randolph, Adeline Rubin, agreed that the splendid cash prize of- Diener Hendricks, Pauline McAuley, Anna Johnson, Mary Englen, Anna Penn, Sarah Patrick, Lola Diever, Mabel Burgeson, Laura Patterson, Mary Peterson, monument is to be erected is located Emma Kerst, Alta Lynn, Hazel Rubin, Electa Davis and Maud Herd.

PIPKIN LANDS SHOOTERS OF DICE, NO MISTAKE

Policeman Pipkin walked his beat citizens to assist them in this laudable slong Leavenworth street, near Twentysecond, suddenly heard "A feebe dice- a afternoon Mrs. George B. Eddy was ap- deuce, trey!" shouled from upstairs of pointed chairman of a committee to so- a building at 2213 Leavenworth street. He investigated and found a perfectly sorgeous crap game in progress.

Then he called headquarters for help and led a raid on the place. Ten prisoners were taken and the dice and "bankroll" were confiscated.

MARY O'REILLY TO LECTURE **ON IRISH ART NEXT FRIDAY**

Miss Gertrude O'Reilly of Ireland will deliver a talk on Irish art before the Omaha Fine Art's society at the Young Women's Christian association on Friday evening, December 19 at 8 o'clock.

Dangers of a Cold.

Do you know that of all the minor no less enthusiastic. They, too, are using | aliments colds are by far the most dangerous. It is not the colds themselves that most successful contest ever conducted you need to fear, but the serious diseases that they so often lead to. For

The free trip to Chicago awarded to that reason every cold should be gotten the most popular young women in the rid of with the least possible delay. To outside towns is creating good natured accomplish this you will find Chamberrivalry among the fair nominees. The lain's Cough Remedy of great help to trip is worth working for. There will be you. It loosens a cold, relieves the lungs, lots of fun for the fortunate ones in this aids expectoration and enables tive Nebraska and Iowa lasses. The bp all dealers .- Aslvertisement.



Each class

Chadron State Normal Notes.

was presented with twenty-five days. John Griffin got thirty days for stealing a carpet, Fred Schlack thirty days for small thefts and John Mullen five days for the same reason. **Beads Eggs from California**—High prices of eggs create no worry in the home of Judge Julius Cooley, habitue of pollee court, for the judge received a home of Judge Julus Cooley, habite of police court, for the judge received a case of choice California hen fruit from his sister. Mrs. William R. Moore of Fresno, Cal., by express this morning. Mrs. Moore had read of the high prices here and sent the eggs to her brother. **Public Affairs' Luncheons Off**—The public affairs' luncheon of the Commer-cial club are to be suspended until after teachers.

Now going on **Christmas** Fair of the Churches

in the court of the

BEE BUILDING

"More beautiful and larger than ever before"

is the expression of all who have seen the bazaar in progress. The beautifully and tastefully decorated Court is thronged daily with visitors who are finding many pleasing bargains in fancy goods, linens, hand made wearing apparel and other useful and ornamental Christmas offerings, while the home cooking and the candies are beyond description.

Have you seen it?

Just think, 28 churches are interested in this annual event. The ladies need your help and encouragement and you can find relief from the cares of further Christmas shopping in the many suggestions to be found here.

New and complete stocks every two days.

The churches selling Monday and Tuesday:

RESIDENCE TELEPHONE CHURCH CHUBCH ELEPEONE Eion Lutheran Mrs. Clare Bullis, 2858 Taylor. W. 6677 Clifton Hill Presbyterian. Mrs. Matthew Zeller, 4143 Grant. W. 6813 Camp Club Social Settlement Alice V. Buchanan, 1330 So. 34th. H. 360 Central Park Congregational. Mrs. Thompson, 3311 Ames Ave. W. 3131

All are welcome

activity. The freshman class had the usual

an especial interest this year because of The state inspectors of normal schools the increased size of the freshman class. visited here last week. They are Super- They met at the home of Mrs. Jones, intendent Bodwell of Beatrice, Superin- the Rible teacher, and enjoyed an untendent Graham of South Omaha and usually good time. College day was observed at the Pres-

Superintendent Fisher of Aurora. Last Friday night the Philomathean Literary society gave a program at which Bean gave the address on "Christian they had for their guests the Everetts Education," which was followed by an and the faculty and wives. Besides a address on the work and progress of the Shakespearean pantomime, there was college during the last year by Presisinging by the society's octet and quartet, dent R. B. Crone. The church made the interspersed with selections from their orchestra. At the close an original playlet was given. It was called "At the

usual yearly subscription of \$1,000 to the current expense fund of the college. All were interested in the showing made. The Hastings colleges gospel team has 'Co-Op'" and depicted the usual scenes and conversations of a loafing crowd of been conducting services in several of our nearby churches the last few weeks. customers. There were some clever takeoffs on the faculty, which created a great deal of mirth.

DOANE COLLEGE.

Miss Elva Rulon, librarian, has been Recitals and Entertainments Feacalled to Table Rock by the sickness of ture Work of the Week. Dr. Frank Newell White, pastor of one

of the Congregational churches of Min-NEBRASKA WESLEYAN. neapolis, visited the college Tuesday and Movement is on Foot to Obtain a Wednesday. He gave an address at

Carnegie Library. Weldon Crossland, Wealeyan, '13, Ne-

salary is paid by the Wesleyan Young

Men's Christian association, by Secretary,

Simonds. Because of shortage of crops

the missionary's salary has been largely

used to buy food for the natives who

are starving. Wealeyan's guarantee is

all raised and the monoy has been for-

Wayne State Normal Notes. Dean Hahn of the department of educa-

ion, addressed a teachers' meeting at David City Friday. Dean Hahn and family are now occupying their new home. On December 19 all departments of the school will be dismissed for a two weeks'

An address on patriotism at the opera-

warded to Dishop Hartzell.

her grandmother.

annual boating contest.

\$100 cleared.

activities.

sophomores.

vacation

versity and the city authorities.

chapel Wednesday. The first number of the college lecbraska Rhodes scholar at Oxford, has re- turp course was given Saturday evening, cently rowed on a winning crew in an December 6. The program was a con cert by Enrico Palmetto, tenor: Martin

A movement is on foot to obtain a Bruhl, planist, and Barbara Wait, con-Carnegie library for Wesleyan. Trustee traito. Miss Jean Lindsay of the Doane A. I. Johnson is now in New York City conservatory played Miss Walt's accominterviewing the proper authorities. The paniments. plan is to build a library on the campus The annual Young Women's Christian

inder the joint management of the unlassociation bazar was held Saturday afternoon in the Gaylord hall parlor.

The Young Women's Christian associa-The Young Men's Christian association tion held a bazar and carnival Friday and Young Women's Christian associaevening in the C. C. White building. The tion are preparing to give a Christmas attraction was well patronized and over nusical next Sunday.

Miss Genevra Parker, principal of the Vice Chancellor Schreckengast is makschool of expression, gave a recital at ing every effort to run the university on Western Friday evening.

as economical a basis as possible. Last Prof. J. N. Bennett represented Doane Wednesday he spoke to the students at the chapel hour, asking their assistance Big Four Foot Ball league in Lincoln at the annual business meeting of the in reducing the amount of heat and light last Saturday. Mr. Bennett is secretary needed for meetings involving student of this organization.

The conservatory of music and the de The freshman-sophomore debate ocpartment of expression are giving a curred last Tuesday, the freshmen being series of public recitals, to which a small victoricus. The question was that of admission is charged. The proceeds will trust regulation. Hope, Sandall and be used to buy stage furnishings for the Trossland represented the freshmen, while chapel, where all public programs and Lane, Embree and Malone battled for the recitals of the college are held. The A letter has been received from the nafirst of this series was given Saturday

tive missionary in north Africa, whose night, December 13, by the college orchestra.

Education Notes.

The young men of Grand Island college net Wednesday and organized an anti-

Two literary societies, the Athenian and the Amphicityon, held a joint pro-gram in the chapel on Saturday evening.

Fram in the chapel of Saturday evening. Having introduced medical inspection in 1872, Elmira, N. Y., claims to have been the first American city to adopt health supervision of school children. The equivalent of one school year for more than 400 children is lost because of contact with minor contagious diseases, according to figures recently compiled for Pittaburgh. In order to furnish high-class entertain-In order to furnish high-class entertain-

ment to communities in their states, the Universities of Wisconsin. Minnesota and North Dakota have banded together for Dyceum service. The model school at Bryn Mawr. Pa., at

house by F. Dale Wood was the third number of the student lecture course. Dr. J. T. House will attend a meeting the entrance to the college, has been of the American Sociological society at Minneapolis December 29-31. Dr. House There will be seven separate, one-story.

Some Can And Some Cannot

Drink Coffee Without Dangerous Results-

But if you intend to win out in life you will need a clearer head and steadier nerves than the coffee drinker usually has.

Coffee contains caffeine, a subtle, poisonous drug, and its use as a daily routine beverage causes more or less disturbance of nerves, heart, stomach, liver or some other organ. This may not show for a time, but the coffe drug, caffeine (about 21/2 grains to the cup) is a cumulative poison and, for most persons, a day of reckoning will surely come.

But why wait until Nature drives home her arguments against coffee? Try this easy test-quit coffee 10 days and try POSTUM.

After a few days the habit-forming drug, caffeine, will be eliminated from the system, and the gradual return to old-time comfort will be the best evidence that coffee was "getting you."

There's no headache or pains of any kind in Postum. It is a pure food-drink, made only of choice wheat and a little New Orleans molasses, and is absolutely free from caffeine or any other drug.

Postum now comes in two forms.

Regular Postum-must be well boiled to bring out its delicious flavour and food value.

Instant Postum-(the new form) is a soluble powder. A spoonful stirred in a cup of hot water, with sugar and cream added, makes a perfect cup, instantly.

The person who has to bother with coffee aches and pains is badly handicapped, but it's easy to shift to



And the change works wonders-

