# This little bit of advice may help you to regain your Health, Strength and Vitality

Thousands of people suffer from nervousness. They are run down and miserable without knowing the reason why.

They do not stop to think that much of their trouble may be caused by drinking tea and coffee which contain the drugs, thein and caffeine. When you over-stimulate the system for any period of time, the result may be nervousness with its many accompanying ills. You may fail to sleep properly and your sleep does not refresh you as it should.

Postum, made from scientifically roasted cereals, will help you to overcome all these conditions. For it contains only healthful substances, instead of drugs, as are found in tea and coffee.

 Postum helps build sound nerve structure, by letting you get sound, restful sleep.

In Gavor, Postum is much like high-grade coffee. In fact there are many people who prefer Postum for its savory flavor alone.

Order Postum from your grocer today. Serve this rich; fragrant beverage for the family. See how the children will like it, and how much better everybody will sleep at night.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of bodding water. Postum Cereal (in packages of larger bolk, for those who prefer to make the drink while the meal is being prepared) made by bodding for 20 minutes.

### Postum for Health-"There's a Reason"

Made by Postum Cereal Company, Inc., Battle Creek, Michigan





and Specials in All Departments For Today at Freimuth's



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 100-piece Pope-Gosser Sets at.
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We have just received the most conplete line of Colored Art Glasswar we have ever shown. Dainly and 
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Christmas. Buy mow, when selection is greated. The prices rangeristinas. Buy now, when so is greatest. The prices ran From 75c to \$5.00 Each

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Genuine Pyrex is guarante the name stamped in every 50 Numbers

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# Began to Break Pisters' Law. Betters Prack Prevention I Better Tan Cur. Ninety per cent of all disease is preventable, so doctors asy. East preventable, so doctors asy and east preventable, so doctors asy and east preventable, so doctors and east preventable, and ea FOR CONSTIPATION BEECHAM'S PILLS

UNCE UPON A TIME THERE WERE NO DOCTORS!

The Doctor Was Not Huch Needed Until Foli Began to Break Nature's Laws.



"Sympathy"

Truly told with Flowers fr DULUTH FLORAL CO. Mel. 88

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