## Tbe Thliami Cbief.




## Sure Relief OR NDIGESTION <br>  <br> BELLANS



You are entitled to the benefit of the doubt. Why not take advantage of it?
The law is very careful in protecting tho
rights of a prisoner charged with a crime.

How about the Law of Common Sense and
man who has committed an error only? (sn't this a good p
doubt, too?
Take your own case: If you don't know for sure whether tea or coftee is harmed
do know that many are harm element in tea and ch
nervousnese
nervousness, or high blood
toms which often tell that
toms which often tell that
giving the nervous system too
Probably you know, too, that some people cant drink a cup of tea
Where many have been harmed by tea and coffee, and you may be harmed, isn't tit well to put the ebenefit of the doubt on your site
coubt beeomes an unpleasant certainty?

There's sharm without harm in Postum-a pure eereal beverage, rich in flavor, fully
ing; the favorite table drink of thousands.

Suppose you try giving yourself this benefit Soday, and keep up the test for ten dapyst then judge, the resulus. Sei if ou don't feel better and
work hetter You can get Postum wherever good work better. You can get Postum
food and drink are sold or served.
Postum comes in two form: Instan Postum (in tine)



Postum for Health

## GOOD ROADS



Help Your Kidneys Fight That Cold!
Winter Colds and Chills Weaken the Kidneys and Are the Direct Cause of Many Serious Kidney Disorders
$\coprod^{S}$ winter-time your backache-time? Does $\begin{aligned} & \text { finds you suffering with torturing backeche, } \\ & \text { every cold, chill or antack of grip leave } \\ & \text { rheumatic pains, headaches, dizziness and }\end{aligned}$


 and chils throw a heavy strain on the kid- Kidney Pills today and give your weakened
neys. They overload the blood with kidneys the help they need. Assist them poisons and impurities that the kideneys also by drinking pure water freely, aating
have to fiter off. The kidineys weaken
under tishty, and getting plenty of fresh air and under this rush of new work; become congested and inflamed.
"Use Doan's," Say These Good Folks:


Doan's Kidney Pills

THINK UNCLE SAM FAIR GAME









Prett-Thing, Queer Customs that are mad


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Great Light as Columbus Tomb
eever General Pulliam's Idea
for Memorial to the Great
FUND OF $\$ 500,000$ IS NEEDED


Either p
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By KATHLEEN NORRIS

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## A "balanced diet" may sound confusing to many people

 The facts, as explained here, are simple.The secret of a "balanced die"" is to have food
containing all the elements needed for proper containing all the elements needed for proper
nutrition. These elements are protein, to nourish nutrition. These elements are protein, to nourish
the tissues; starch and sugar to furnish energy; the tissues; starch and sugar to furnish energy;
fat to supply heat; and mineral salts to provide
the material neecessary for building nerves, brain, and tooth and bone structure.

Grape-Nuts, the nourishing cereal made of cream or mill, is a complete food for young and old alike.
Go to your grocer today and get a package of Grape-Nuts. Eat it with milk or cream for breakfast; or wih stewed fruit, jelly or jam, as a dessert for lunch or dinner.
Every member of the family will relish this Grape-Nuts-the Body Builder "There's a Reason"
mado by Postum Coreal Ca, Inc., Bettro Crook, Meck.


