OF THE LADIES WHO CON-

TRIBUTED

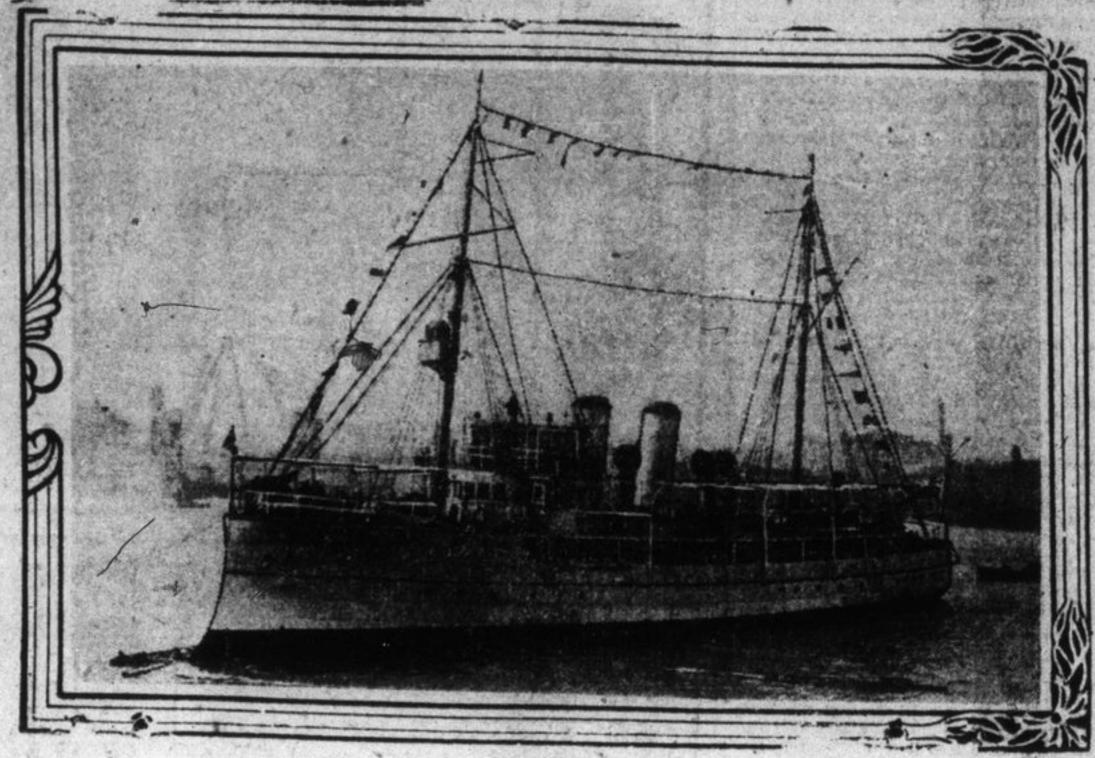
Thanks For Generous Response.

G. Cockade, J. Finkle, J. Bankler, J. R. Henderson, Mrs. Switzer, J. Dr. Williamson, Dr. Mylks, Mrs. Gilbert, Archdeacon Carey, Miss M. Betts, Friend, J. S. R. McCann. J. A. Betts, Miss A. Ferns, L. E. Dalton, Hendry, F. C. Ireland, Vilette Cock- James Lessie, Thomas Mills, Mrs. ade, Mrs. J. Fred Smith, J. W. Litton, Carter, No Name, S. Roughton, D. Alvin VanLuven, Wilfrid Frizzell,
Mrs. C. Trowbridge, Miss Robertson.
Maple Leaf Milling Co., W. L. GoodMrs. S. Birch, H. A. Calvin, E. E. win, A. Doggett, Horace Staley, J. F. Horsey, George Hanson, Frank Sar-Constantine, J. L. Malcolm, J. H. gent, Mr. and Mrs. F. G. Lockett, C. Birkett, W. C. Baker, Clark Hami!- H. Boyes, Mrs. W. G. Craig. Jesse ton, Mrs. J. R. Henderson, G. W. Hyde, T. D. Minnes, Mr. and Mcs. J. Mahood, W. R. Sills, Mrs. Foote, Pigeon, S. E. and Grace Darling, Wil-Mrs. W. J. Shaw, Capt. C. J. Smith, liam Anderson, McKelvey & Birch, R. 3. C. McGill, Friend. M. D. Smith. H. Fair, Albert Sloan, Mr. and Mrs. cakes; W. B. Dalton, turkey; Mary Miss Macpherson, Fong Sing, A. K. William Finlay, A. Arthur, R. F. Clarke, dolls and books; Mrs. S. S. Routley, Blanche Boaprey, H. B. Davis, J. C. Smythe, A. E. Knapp, J. Corbett, oranges; Mrs. J. B. Walken, Frank Phillips is Ready to Wrestle Card, A. H. Malone, William Toner, D. Baxter, Percival and Granger, Liz- turkey; Sydenham Street Sunday H. Harkness, J. W. Corbett, W. J. zie and Whilemina Rogers, J. E. Sin- School Bible Class, toys and books; Fair, R. Anglin, No Name, A. S. Sut-gleton, G. F. Marton, R. Uglow & Mrs. W. F. Nickle, oranges; Wm. Dav-cliffe, R. Glen, Poor Widow, No Co., C. S. Wartman, H. W. Davis, ies Co., oranges; M. Amodeo and Co. name, Rev. A. E. Lidstone, Friend, Mrs. R. Burns, No Name, Eleanor oranges; Anderson Bros., two turkeys, O. S. Prouse, No name, Miss Salsbury and Florence Sloan, Mrs. R. Sloan, apples, oranges, No name, C. S. Kirkpatrick, No Name, E. V. Lesslie, A. F. Chown, Mrs. 1. Cohen, oranges, McRae & Co., name, J. Davidson, Chris Hong, Miss J. E. Spratt, Frontenac Club, oranges, Mrs. K. I. Jones, Miss Blanche Woodrow, H. Scott, Mrs. T. Lieut.-Col. Smith, James McParland, Strange, and C. M. Strange, box W. Hoskings. James Reid, Louie R. J. Reid, G. Y. Chown, George candles for each patient; Mrs. A. P. Spooner, S. Donaldson, J. Francis, Bawden, J. H. Macnee, Dr. Day, H. Knight, toys for children; Mrs. Robert Mrs. W. H. Reid, S. Hicks, Hugh W. Watts, William and J. C. New- Moxley, clothing for patients, toys, Creighton, John Higgins, G. N. Har-lands, A. L. Wheatley, H. Wilkins, D. etc.; Mrs. J. B. Carruthers, bananas rison, Edwin Staley, Friend, Dr. A. Shaw, William Mundell, Bishop of and oranges; Mrs. Uglow, books and Keyes, Col. Duff, Mrs. James Mc. Ontario, H. J. Coleman, Whig Pubpapers, cards, etc.; Woman's Institute, Culla, Mrs. McMullen. Frank New-lishing company, John Strange, Conway, pillow slips, towels, etc.; Mrs. R. J. Moore, preserved fruit; Rev. O. G. Dobbs, George E. Smith, son, Mrs. W. Kirkpatrick, Dr. J. J. Mrs. Keill, preserved fruit; Trinity Hannah J. Wheeler, George E. Ire. Harty, F. J. Hoag, W. Kirkpatrick, church, Wolfe Island, fruit, honey, etc. land, M. Coward, L. Plummer, Fred Jeremy Taylor, Mr. and Mrs. C. St. John's church, Portsmouth, fruit, L. Hooper, A. J. Sinclair, G. V. Smith, Dr. L. McConville, Dr. Bogart, etc.; Mrs. Oberndorffer, preserved fruit; Stuart. A. McGillivray, Miss Eccles, No Name, Dr. Vrooman, Selby & Mrs. Kirkpatrick, clothing for patients William Lucy, Dr. Kilbern, W. R. Youlden, T. A. Connor, Col. Giles, Miss Ferguson, clothing for patients. Grimm, Bernard Brown, H. A. Dun- Revi J. Savary, William Harty, Jr., Mrs. Macgillivary, books, etc.; Mrs. lop, D. Hutcheson, Mrs. M. H. Clax. Mrs. E. H. Pense, Misses E. and M. W. B. Carey, preserved fruit; Mrs. ton, Mrs. Van Straubenzie, Gertrude Pense, H. Tandy, D. M. McIntyre, Smeaton, books, papers; Mrs. J. Stafford, Isaiah Sherman, Smith El- Mrs. S. F. Bermingham, W. R. Giv- Smith, fruit; Woman's Missionary Socliott, A. M. Daly, A. Huden, J. S. ens. Armstrong. Julia Smith, M. A. Mrs. T. C. Wilson, fruit and pickles; Whatsoever Circle, King's Daughters,

Mrs. Small, J. A. Newman, Almira Simmons Bros., turkey; Mrs. J. A. Gillespie, Geo. F. Ham, G. F. Charles, Hendry, oranges, Miss Voight, jelly, J. Slade, William Swain, H. W. Guestl grapes; Sunshine Circle, Collin's Bay, Mrs. Noble Thompson, Greta E. Flynn, foot heaters, stomach warmers, tea Gets Watch From Schoolfellows and Frank and Willie Anderson, Miss Flor- pots, lines, etc.; R. Waldron, pair of ence Baxter, D. W. Shea, K. M. Ire blankets; J. Y. Parkhill, turkey and and W. G. Jordan, Mrs. P. A. goose, grapes; Helen, Margaret and Mabee, Mrs. S. Hampton, Miss Lettie Jean Wilton, books and papers; Mc-Walker, Louis Abramson, Mr. and Mrs. Cue Bros., two turkeys; Mrs. McGowan Miss J. Bateson, A. Chadwick, H. L. George Masoud, oranges; Mrs. R. J.

Clarke, J. E. Davey, J. A. Lemmon, M. A. Bowen, Rev. D. Laing, Misses. M. and E. Jackson, E. R. Checkley, Rev. Forneri, J. R. Smeaton, Clarke W. Wright, E. F. Torrence, W. J. Keeley, Jr., Mr. Henstridge, Mrs. J. G. Cowdy, Mrs. M. V. Drennan, Daniel McLeun, F. H. Lingwood, J. Waddell, During the Last Christmas Season- W. C. Smith, Miss Kate Asselstine, The Officers and Officials Return Russell Derry, Miss E. Burtch, Della Le Heup, Miss Hattie L. Chown, No Name, Mrs. W. A. Kennedy, Mrs. R. who so kindly and generously responded to the Christmas appeal of Emma Mowat, Dr. J. F. Sparks, Dr. the Kingston General Hospital, the A. M. Stroud, Agnes Hamilton, Mrs. officials of which desire to express Wm. Gibson, Frank Dobbs, Misses Lestheir deep sense of appreciation to slie, Henry E. Wartman, Miss. Whitethe many friends for again remem- head, Mrs. P. Devlin, Dr. Chown, Mrs. bering them at the Christmas sea- S. Hamilton, R. Boyd, J. F. Johnson, Mrs. W. K. Smith, John Pomperoy, Mr. Knopf, Mr. Aylesworth, James Mrs. Paurar, S. F. Kirkpatrick, J. E. Smith, Dr. H. A. Boyce, Rev. J. Fair- Twigg. Mrs. John Carson, Mr. and He, Miss Dupuy, Alice Fair, Miss E. Mrs. J. Dawson, Mrs. H. D. Bibby, H. L. Mowat, Mrs. Muirhead, H. Cun- W. Newman, C. C. Nash, M. Smith, ningham, J. Kennedy, Mrs. McDow-all, J. O. Hutton, Miss Deacon, L. Harty, Mrs. Ernest Amey, Jos. Ahram-Lesses, R. J. McKelvey, R. C. Bell, son, Rev. W. H. Shortt, H. S. Patter-S. A. Akroyd, Mrs. Claxton, Friend. son, Miss Hattie Birch, Rev. J. W. Mc-Dr. Cays, H. Waddington, A. Kings- Intosh, John Pomcroy, Mrs. W. K. bury, Dr. and Mrs. R. E. Sparks, W. Smith, J. Waddell.

Sleeth, R. Crozier, Helen, Margaret Miss Abernethy, preserved fruit; Miss hot water bottles, furniture for Sampand Jean Wilton, Dr. Gardiner, J. Dill, apples, Mrs. R. J. Hooper, three son ward; Glenvale Sewing Circle, B. McGall, Capt. Simmons, Laura M. hot water bottles; Victoria Circle quilts, pillows, linen; St. Andrew's King's Daughters, towels, pillow slips, Guild, linen, towels, etc.; W.C.T.U. Mrs. J. C Baker, M. A. Aushinvole, spreads, night shirts; Girls Missionary Christmas card lor each patient, eggs,



With Con. Albright

FRANK PHILLIPS

Phillips has made good as a

wrestler. He is about twenty-eight

years of age and is always out for

open to teach the art of wrestling.

lips is a cousin of O. G. Simpson,

and is making his home with the

REMOVED MAN'S STOMACH

One Way of Curing a Sufferer From

markable operation, the removal of

the stomach, has for the last week

cancer which was killing Charles

Johnson, of this city, and at St.

Francis' hospital Dr. Daniel F. Sul-

Bumper Citrus Crop

mick, vice-president of the Southern

Pacific railroad. The crop of oranges

alone will be sufficient to provide at

least fifteen oranges for every person

Estimates at present place the Cali-

fornia shipment at 40,000 cars, more

The lemon and grape fruit crops are

large in proportion, and the deciduous

fruits and vegetables probably wil

At Work on Pension System

New, York, Jan. 27 .- Mayor Mitchel

is at work upon a plan for the pen-

sioning of superannuated or incapaci-

tated city employees and has informed

a satisfactory plan can be adopted

It is the desire of the mayor to make

proper provisions for those who have

served the city long and faithfully

by installing younger and more vigor

The Duke at Quebec

transcontinental now nearing comple-

within the next six weeks.

than double that of a year ago,

more than has been sent East

year in the life of the industry.

in the United States.

break their records.

Hartford, Conn., Jan. 27 .- A

seemingly started the cure of

Frank Phillips stated that

would accept the challenge of

A SMART CRUISER FOR CANADIAN CUSTOMS PATROL Broadside view of H. M. Canadian Customs Cruiser Margaret, at Southampton, Mrs. J.B. Kitson, granddaughter of the late Lord Strathcona officiated. The vessel took the water almost ready for trial at Thornycroft's yard. It will be stationed at either the Atlantic or Pacific Oceans, or in the Great Lakes.

WILL ACCEPT CHALLENGE

ieth, Cataraqui, pillows and linen;

BOY'S BRAVERY REWARDED

Stratford, Jan. 27 .- Master James good clean sport. Mr. Phillips is also M. Stock, of School Section No. 7. Downie, for his bravery in the rescue He has been in this business for II. Steele, F. F. Vanluven, Friend, oranges; Mrs. T. P. Thompson, turkey; of his schoolmate, Ballantyne Thompson, turkey; of his schoolmate, Ballantyne Thompson, turkey; son, from drowning last March, was cord. He has announced his will-Walker, Mrs. M. C. Dunn, J. Banney, Carson, soap; Dominion Fish company, made the recipient to-day of a watch ingness to wrestle with any one in H. L. Boyes, John Ballentyne, Wm. A. oysters; D. Couper, turkey, A. Arthurs and chain from his schoolfellows and the world at 155 pounds. Mr. Philthe ratepayers of his district.

GOOD BOOD THE: To Be Healthy You Must Keep the Blood Rich, Red and Pure.

Pink Pills are the tonic to use dur- the spirit of the parable, ask him? ing convalescence. When the blood is poor and thin the stomach suffers. The food ferments, gas and certain nounced indigestion or dyspepsia. The nerves receive from the blood in many cases when the blood

driving out disease and bringing reands of weak, despondent people.

this country there are grateful peo- open reward. So of prayer. ple who do not hesitate to say they owe health-in some cases life itselfto this great medicine. If you are ailing begin to cure yourself to-day by using Dr. Williams' Pink Pills. Sold by all dealers in medicine or by mail at 50c. a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

HELD HIS SON OVER STOVE Sent to Prison For Attacking Wife

livan, the surgeon, who several times and Children before performed unusual operations. St. Thomas, Ont., Jan. 27 .- John and who last Monday removed all Walton, Dutton, was sentenced to but the very bottom of Johnson's spend six months in the Central stomach, was corroborated by the Prison for abusing his wife and sons house surgeons in his prediction that while intoxicated. Walton had gone the patient would ultimately recover. home early in the morning and attacked his wife, and when, one of his younger sons went to his mother' rescue the father seized the lad and Chacago, Jan. 27 .- After three years held him over a red-hot stove. of disappointment, Pacific coast citrus cries aroused another brother fruit growers this year have produced sleep, and the two boys and the a bumper crop, according to a statemother succeeded in escaping. ment made to-day by E. O. McCor-

At Ferguson's Falls Ferguson's /Falls, Jan. 26.-Roads have been in bad condition owing to heavy fall of snow. Charles Haliinger shipped a car load of cattle to Montreal on Saturday and reported the markets good. funeral of the late Richard Horacks, who died on Jan. 18th, very suddenly, took place from his late dence to Prestonvale cemetery. Horacks in later years worked carpentering and barn framing: also was a skillful bridge builder, ing construction work on the county road system.

Thomas Quinn, of Calgary, is iting at his old home. Mrs. P. Doyspent last week with friends heads of departments that he believes Ottawa, J. J. Gray, of the Union bank staff, has resigned his position and has gone to Ottawa where he will, take up a position with the International Harvesting Co.

while at the same time increasing the Alfonso's Argentine Visit efficiency of all the city departments Madrid, Jan., 27 .- The report that Murray, convicted forger, was King Alfonso ie preparing to visit the tenced, to-day, by Supreme Argentine republic in June, lacks offi-cial confirmation. It is pointed out in as a hermit in the mountains official quarters that in view of the miles from here. Quebec, Jan. 27.—The Duke of Con-naught spent the day here visiting the impossible for the king to absent him-Height of Abraham and the famous self from Spain for two months.

The Duke of Con-impossible for the king to absent him-old the judge was not inclined to

pathway where Wolfe and his men climbed up, also making an inspection of the famous Quebec bridge on the

A weekly column of abiding interest to both teachers and **************** Motto for this Week: "The Bible is a great living Book. It is our province and privilege not to find in it the mere letter of the law, but the spirit of contact with life."—The Outlook. First Quarter. Lesson V. Luke 11: 1-13. February 1, 1914.

THE INTERNATIONAL SUNDAY SCHOOL LESSON

THE UNFRIENDLY NEIGHBOR.

Pleasant Fields of Holy

(THE STORY) The apostles observed Jesus in the act of prayer. They saw Him kneeling with upturned face. His glowing lineaments showed the bliss of communion with God, or repose after obtaining the thing desired. A goodly sight! No wonder it provoked the question how they could learn to pray after such a fashion, too. . . . The universal Teacher taught through these suppliants all who would afterward learn of Him concerning this supreme act of the soul. He gave first the model of prayer. The Paternoster is an epitome. Here are the needs alike of the race and the individual in minlature. It is the alphabet, the numeral system out of which prayer of every description can be spelled and figured. Analytically, in its separate parts, it illustrates the components of a true rounded, acceptable prayer. Synthetically there is in it a tenor, a spirit—a cumulative power unmatched in written language. It is the chief ornament of every ritual. Its perpetual repetition wearies no one. It is suited alike to child and adult. . . From this matchless formulary Jesus passes to the spirit which should characterize the suppliant. To set this forth. He uses a homely domestic incident. We must transfer ourselves to the Orient to appreciate it. There was no mail or time-table to apprise the host of the hour of the guest's arrival. It would like as not be late at night, as travel was ordinarily continued then to escape the heat of the day. The guest would be downright hungry, as there were no facilities of the modern restaurateur. The host's larder would like as not be empty, the climate making the preservation of edibles difficult, and leading them to live from hand to mouth. Borrowing would be the next thing in order. What a touch of nature in the churlishness of the half-awakened neighbor! To him the getting up from his warm bed, and the stumbling over his children as they lie hit and miss upon their tiny mats about the floor; the taking down of the heavy bar across the door; all seems to his drowey powers a superhuman exertion. Yet there comes at length a point where it is easier far for the sleepy niggard to get up and have done with the matter, than to be periodically roused by the persistent knocking and calling. force of the parable is in its contrasts. God's eye is never closed in slum-

ber. God's self is Love. His treasures are inexhaustible. He delights to give. There is no indifference or disinclination on the part of God which must be first overcome by man's impunity. The delay in answer, if there is Dr. Williams' Pink Pills are useful. any, is for the recipient's own highest advantage; that he may study anew or his supposed needs, may analyze his motives, may review the promises, so impure blood,, and the list of such that when at length the answer comes, he may be in a state of mind and diseases is astonishingly large. An heart to avail himself of the blessing to the uttermost. Postponement is aemia literally means a condition in for the advantage of the receiver, not the Giver. . . The Paternoster which the blood is thin and watery. Is still in Jesus' mind. Earthly fathers have judgment to discriminate be-In rheumatism the blood becomes tween good and evil gifts for their children. They have natural affection thin more rapidly than in any other enough to incline them to bestow only the good. If that be so and who disease. After an attack of la grippe denies it?-how will not the Heavenly Father, infinite in wisdom, power. or acute fevers the blood is always and love, bestow that all-inclusive gift the life and light of the soul, the thin and impure, and Dr. Williams' Holy Spirit, to those who out of the vocabulary of the Paternoster, and in

TEACHER'S LANTERN Form and fervency! Their juxtaposition here is no accident. It is acids form and the trouble is pro- designed to teach us that they are not inimical; that the importunate soul can express itself in the phrase of the Paternoster. Phillips Brooks poured out his great heart in the prayer of St. Chrysostom and other "forms" of all of their nourishment to keep up the Prayer-book. Moved himself, be moved all who heard him. their energy and repair waste or The golden mean is to be maintained however, between a too rigid adherdamage. Some forms of paralysis ence to form and a persistence in extemporaneous prayer. John Baptist are caused by thin blood. The pro- would likely give his disciples a form of prayer. He gave minute and

gress of locomotor ataxia is stopped practical directions to each class of his converts, the people, the publicans, is the soldiers. He would hardly omit teaching them how to pray. made pure, rich and red. This is Jesus is our standing pattern in prayer. He enforced His precept with His only a partial list of the troubles example. Twenty-one instances of His praying are noted in the Gospel Miss Susan Price, Recs Bros. Sing Society, Chalmers church, kimonas, book R. Bavis, No Name, W. H. Dyde, might dresses, etc., for infectious wards sheets, pillow slips, towels.

Allsminvole, spreads, night shirts; Girls Missionary Christmas card lor each patient, eggs, long match. He having their origin in impure, watery secret, public, at meals, long prayers ejaculatory intercessory for friends and refers all comers to his mana. Inlying the blood with its mana. Inlying the blood with its mana. and refers all comers to his mana- plying the blood with its missing the Epistle to the Hebrews. His supplications were offered with cryings and tears." . . We are to pray without ceasing. The bird is not al-This is exactly what Dr. Williams' ways literally flying, but it is ready to fly on an instant. So our souls Pink Pills do. Their chief mission is should be ready to spread their pinions, and mount to the mercy-seat on to make rich, red blood and this short notice. . You can no more find a Christian without prayer than good blood reaches every organ and you can find a living man without a pulse. Prayer is a state rather than a every nerve in the human body, thus specific act. Benefit depends on continuity. One must have the aptitude . Prayer-wheels turned by water power are numerous in

newed health and strength to thous. India. The prayer pasted on the wheel is thought to be said with every revolution. Those who laugh at the crudity of the device ought to ask Ask your neighbors. There is not whether in the average Christian prayer there is not some meaningless an inhabited corner in Canada where iteration. God does not need to be instructed or aroused. Dr. Williams' Pink Pills have not re- Angelo's palace in Florence there is a closet in the wall covered with a stored some sufferer, and all over secret panel. There alone he wrought out his ideals. His secret pain had

ANALYSIS AND KEY Origin of the Paternoster. Jesus observed in prayer. Consequent request The model of all prayer. Its alphabet and numeral system Spirit of prayer Illustrated. Parable of unfriendly neighbor. Force of parable in its contrasts. God versus the churlish neighbor.

THE YOUNG PEOPLE'S DEVOTIONAL SERVICE February 1, 1914.

PROGRESS OF YOUNG PEOPLE'S SOCIETIES "What is that in your hand?" "A seed." "Yes, but what is it "Round"-"Oblong"-"Brown?" "No, these are but accidents." In the final analysis that seed is LIFE. So is religion divine life in the human soul. Its growth is as inexplicable as germination, in the seed. Its beginning small-its fruit fills the earth.

TO BE EARL OF BIRMINGHAM Declares Joe Chamberlain Will Re-

tire as Such. New York, Jan. 27.-The London correspondent of the New York Am

Joseph Chamberlain, Great Britain' grand old statesman, who has timated his intention of not seeking re-election to the next parliament, has several times refused a peerage, but it is stated on excellent authority that on his approaching retirement from parliament he will be offered an earldom, which, it is understood, h

The whole country thinks it be a fitting close to a great care for Chamberlain to pass the evening of his life as the Earl

Mr. and Mrs. Chamberlain left Lon don this week for their annual stay on the Riviera.

FORGER TO BE A HERMIT Quite a Queer Sentence Passed

San Jose, Cal., Jan. 27.-Frank E.

bec bridge on the nearing comple- a civic reception a civic reception a civic reception a cold in one day. 25c that full blownest, but he must not visit a poisoning at the Utica Orph city or town in two years. The court will keep in touch with him during that time.

AFTER FIVE YEARS

Health by Vinol

"Five years ago our little girl had a severe attack of diphtheria which left her subject to broughiti and stomach trouble. She has been almost constantly under medical treatment. I have tried also two or three remedies containing cod live oil but found her stomach rebelled a-gainst the oil. Reading your description of Vinol I decided to it and did so with most astonish results. I cannot begin to tell you how, she has improved because you do not know what a little sufferen she was for five years. She has gained ten pounds since she menced to take Vinol, and the story of what Vinol has done for her only half told in this letter." Mrs. Adelaide Mulloy, Winthrop, Mass. Vinol contains all the healing curative properties of cod liver oil without the oil, and iron tonic addi-ed. That is why it helped this lit-tle girl after other remedies had fail-

We ask mothers of weak, sickly children to try Vinol on our ofer to give back your money if it fails to Geo. W. Mahood, druggist, King

Another Orphan Dies One of the conditions of the sen- Henry Richardson Remsen, aged four tence is that Murray may accept em- years, is the third victim of the



A Plain Business Proposition

Can you afford to go on suffering from biliousness, sleeplessness, heart flutter and various other troubles so often brought on by tea or coffee drinking, just because you like it?

Thousands have quit tea and coffee and are using Postum, and to their joy find that the annoying troubles have quickly disappeared. Not only that, but but they find Postum a delightful beverage, with a rich, snappy flavour, distinctively its own.

Postum, unlike tea and coffee, contains no caffeine nor other drug. Made only from clean, hard wheat, with a small per cent. of New Orleans molasses, it is a pure, wholesome food-drink which can be freely enjoyed with benefit by all the family.

Postum now comes in two forms: Regular Postum-must be boiled 15 to 20 minutes. Instant Postum-is a soluble powder. A scant teaspoonful to each cup of

hot water dissolves instantly. The convenience of Instant Postum is apparent. But, when prepared according to directions, both kinds are exactly the same. The cost per cup is about the same.

Grocers everywhere sell both kinds.

"There's a Reason"

CANADIAN POSTUM CEREAL CO., LTD., WINDSOR, ONT.

If Coffee Don't Agree, Try POSTUM