



### OFFICERS OF EAST PRINCE YOUNG P.C. ASS'N

Electing officers of the East Prince Young Progressive Association are seen at the conclusion of a reorganization meeting of the group held Thursday evening shortly after...

### Tignish Home Is Damaged By Fire Early Sunday Morning

The home of Mr. Arnold Gaudet, Tignish, was badly damaged by fire about seven-thirty yesterday morning. The Tignish and Alberton Fire Brigades fought the blaze for over two hours before bringing it under control.

The home of Mr. Russell Perry, located only eight feet from the burning dwelling, was in considerable danger and almost everything was removed to safety in the event of the firemen being unable to subdue the fire in the Gaudet house.

Furniture and household goods was removed from the burning house but everything in the upstairs portion was a total loss from the fire or smoke and water damage.

Mr. and Mrs. Gaudet have four young children. The cause of the fire could not be determined.

Mr. E. MacEwen, and Mrs. William Profit, Mrs. Henry Brown was appointed to represent the W.M.S. on the Official Board, and Mrs. George Brown to have the Missionary prayer at the next meeting.

A request of \$100 was acknowledged from the will of the late Mrs. W.G. Sloan. Letters were read from Miss Mae MacLachlan of Japan and Miss Edna Inman of Trinidad.

The meeting closed with the Lord's Prayer.

Crapaud District L.O.A. held their Annual Meeting on Tuesday last at Argyle Shore Hall with an attendance of over forty members.

The U.M. Bro. Donald MacPhail occupied the chair, and Bro. James Moore, The Deputy Chair.

The following visiting officers were present and received Grand Honors from the lodge: Rev. A. E. Piercey, Prov. Grand Master, P. G. MacEachern, P.G.M. and Myron Shaw Queens Co. Master.

Reports from the different committees showed the District Lodge organization to be in a healthy condition, with the membership holding up well.

Hopes were favorable for an increased membership during the current term. The Wor. Master in his address recounted his attendances at different lodge meetings, 12th. of July celebration, and Annual Orange church services.

The following officers were elected and installed by Past-District Master, Bro. William Waddell: Dist. M., James Moore; Dep. D.M., Lewis Gordon; D. Chap., Stewart Inman; D.R.S., D. MacKenzie; D.F.S., Arch Shaw; D. Treas., Mal. MacFadden; Marshal, Kenneth MacDougal; Lects., W. Howatt and James Ferguson.

Brief addresses were then given by the newly installed officers, after which this District Lodge closed in due form.

Gamma Hi-Y Plan For P. E. I. Conference

The "Y Centre, Green Street, was the scene of the Gamma Hi-Y meeting on Tuesday evening, Jan. 14, at seven o'clock with Joy Nicholson presiding.

The Hi-Y opening Ritual began the meeting followed by the worship conducted by Ariene Moore. The minutes of the previous meeting were read and approved.

Sixteen members answered the roll by paying their club dues. Reports of the various standing committees were heard.

Ariene Bernard, Treasurer, reported on the club's financial status.

HALF HOUR SHIFT A vote was taken to decide whether the one-hour or the half-hour shift for receiving admission at the Gamma dances should be employed.

The members favoured the half-hour shifts by a small majority.

The president announced the appointment of the new members to their respective committees explaining the function of each.

The additional committee members are as follows: Publicity, Mary Arsenault, Nancy Morrison; program, Eileen MacAuland; house, Betty Silphant, Buelah Moase; dance, Helen Bishop; ways and means, Carolyn Grigg.

The girls were asked how many billets each would be able to accommodate if the annual Hi-Y P.E.I. Conference were held in Summerside.

Marjorie Ireland, program committee chairman, asked the club to be prepared at next weeks meeting to submit suggestions for programs for the remainder of the year as the committee will be drawing up plans and is looking for new ideas and ventures.

Geneva Gallant volunteered to make arrangements for a suitable date on which to hold a pantry sale so that plants might begin as soon as possible. The meeting closed with the singing of God Save the Queen.

PIUSVILLE Mrs. Charlie Gallant entertained the members of the Piusville Women's Institute of Thursday.

Mr. and Mrs. Halsin Goff, Coleman, and Mr. and Mrs. Frank Bulger, Lot 11, were visiting relatives in Piusville on Sunday.

Congratulations are being extended to Mr. and Mrs. Eddie Blanchard, whose marriage took place recently at St. Anthony's, Bloomfield.

Sincere sympathy is extended to the relatives of the late John Finnan, Brocton, whose death occurred at his home on Wednesday.

Friends of Mr. Anslem O'Brien, Dock Road, are sorry to learn he is a patient in Western Hospital, Alberton. All wish him a speedy recovery.

Mr. and Mrs. Melvin MacGregor and son Frankie were recent visitors to Piusville.

A successful Whist party in aid of Piusville school was held at the home of Mr. and Mrs. Vincent Tallant, on Friday evening.

Prizes were won by Mrs. Peter Gallant and Mrs. Oscar Gallant. Peter Gallant and Vincent Tallant, Door Prize was won by Mrs. Joseph H. Gallant.

Friends of Mrs. Bridget MacGregor are pleased to note she

### O'LEARY

Friends in O'Leary and vicinity are very glad to hear that the Hon. Forest Phillips, is feeling better, and all hope to see him back on the job soon again.

Mr. and Mrs. Willard Hodge and their son David, of Truro, left for their home on Friday morning, after spending a week with their daughter and sister, Mrs. Hazel Jelley in O'Leary.

The Week of Prayer services held in Springfield West, St. Lukes, Bloomfield, and O'Leary each night last week were well attended, and the weather was wonderful for getting around.

Mrs. Chesley Woodside of Unionvale, is now a patient in the Community Hospital in O'Leary. Her many friends wish for her a speedy get well.

Mr. Freddie Rogerson of Unionvale is a patient in the Community Hospital. His many friends wish for him a speedy get well.

Miss Ellen Cornish, nurse-in-training in Prince County Hospital, in Summerside, spent a recent weekend with her parents, Mr. and Mrs. Arthur Cornish in Mill Road.

Mr. and Mrs. Eddie MacAuland of Bloomfield, were Sunday visitors at the home of their son-in-law and daughter, Mr. and Mrs. John Scales in Freetown.

The members of the Unionvale W.I. held their meeting at the home of Mrs. R.E. MacDonald on Monday night. Next meeting will be at the home of Mrs. Gerald Gamble.

Miss Elaine Shaw of Bloomfield was a visitor for a few days to the home of her friend Mrs. Betty MacKinnon in O'Leary.

Mr. and Mrs. Collie Pridham and family of Montrose, were visitors at the home of the latter's parents, Mr. and Mrs. Alton Boulter in O'Leary.

Several hockey fans from O'Leary, motored to Summerside to take in the game.

Mr. and Mrs. Claude Hoggood of Summerside, were visitors at the home of Mr. and Mrs. W.N. MacWilliams in O'Leary. They also visited with other relatives and friends here.

Miss Dorine Andrews of Unionvale, spent a few days visiting with friends in Charlottetown recently.

Mrs. Alex MacDonald of Summerside, was a visitor to relatives in Unionvale and O'Leary over the weekend.

Mrs. Hazel Jelley, O'Leary, was a visitor to relatives and friends in Summerside on Friday.

Mr. and Mrs. James Thomas, of Casumpee, were visitors to the home of Mr. and Mrs. Ellsworth Thomas in Brae recently.

Mr. and Mrs. Claude MacNeill, O'Leary, were recent visitors to Charlottetown.

Mr. and Mrs. Everett Coughlan and family of Rustico, were weekend visitors at the home of Mrs. Coughlan's parents, Mr. and Mrs. Jerry Dalton in Brae.

Mr. and Mrs. Fred MacLeod of Brae, were recent visitors to relatives and friends in Summerside.

Mr. and Mrs. Charlie Willis, O'Leary, motored to Kensington recently and were the guests of their son and daughter, Mr. and Mrs. Glyden Willis.

Miss Blanche Matthews, employee in the Bank of Nova Scotia, Summerside, spent the weekend with her parents, Mr. and Mrs. Jack Matthews in O'Leary recently.

Mr. and Mrs. Martin Buchanan, of Summerside, were recent visitors to friends and relatives in O'Leary and vicinity.

Mr. and Mrs. Leonard Pickering and family of Borden, were recent visitors to Cape Wolfe, guests of Mr. and Mrs. Lloyd Cooke.

Mr. and Mrs. Leslie Hardy and daughter Leslie of Alberton, were Sunday visitors to the home of Mrs. Hardy's sister, Mrs. David Lockhart and family in Coleman.

Mr. and Mrs. Alvin Palmer and family O'Leary, motored to Brooklyn recently to visit the latter's parents, Mr. and Mrs. Fred Wells.

Mr. and Mrs. Erskine Matthews of Elmsdale, were Sunday visitors at the home of Mrs. Matthews' parents, Mr. and Mrs. Lorne Betts in O'Leary.

is progressing favourably in Western Hospital.

A number of farmers are taking advantage of the good weather and roads and are getting some wood and lumber out.

Don't Cough Your Head Off... TAKE BUCKLEY'S MIXTURE

THE COUGH REMEDY that checks coughs at the very first sign because its warm soothing ingredients spread instantly through throat, chest and lungs. It's complete medicine—stops the tickle that makes you cough—in seconds. That's why Buckley's Mixture has sold all others for 30 years.

Reg. Size—59¢ Family Size—85¢

### Alberton United Church Congregation Ann. Meeting

The annual meeting of Alberton congregation of the United Church of Canada was held in the Church Hall, Wednesday afternoon. In the absence of a minister opening worship was conducted by the Clerk of Session, Mrs. A.C. Green. Earle Atkinson, chairman of the committee of stewards, was elected to conduct the business Roy Leard was secretary of the meeting.

The session report was given by Mrs. Green and the stewards' report by Mr. Atkinson. Mrs. Green also reported on the activities of the W.M.S. Auxiliary, the Mission Band which has been under leadership of Mrs. Roy Leard, and the Lucy A. Gordon Baby Band which has been under leadership of Mrs. Frank Weeks and Mrs. Wesley Leard. Mrs. Reginald Travers reported that the recently organized C. G. I. T. Group has a membership of thirteen. Mrs. C.H. Weeks reported for the Sunday School.

Activities of the guild, reported by Miss Beth Waugh, included several sales, catering to the Men's Association, providing flowers for the church at Easter selling calendars, etc. A sun shine box was sent out, also 137 home and 70 hospital calls were made and 36 cents sent. Generous contributions were made to the general funds of the church. There was a brief mission study at each meeting and at Christmas the guild joined with the W.M.S. and other ladies of the congregation for a combined meeting.

A report of the Ladies' Aid was given by Miss Mabel Fielding. Activities during the past year included catering to the Men's Association and to a wedding reception, co-operating with other ladies of the congregation in serving a lobster supper and with other ladies of the pastoral charge in serving meals at the Alberton Exhibition. Sponsoring a social evening the church hall, cleaning the church, cleaning and renovating the church hall, arranging flowers in the church each Sunday, welcoming a newcomer to the community with a shower, making 532 visits in homes and hospitals.

A financial report of the Men's Association was given by Norman Hardy and a report from the cemetery committee, prepared by Mrs. Alvin Bell, was read by Mrs. James Hodgson. Mrs. J.M. Sproule reported a membership of eighteen in the Young People's Union that was organized a few months ago.

The trustees' report, prepared by J.R. Boyman, showed that a new furnace had been purchased for the church and that oil burners had been installed in the range and furnace at the parsonage.

A very satisfactory financial report was read by Mrs. Wesley Hardy.

Messrs Roy Leard, Perley Hardy and Walter Wells were elected to the committee of stewards for a term of three years. Other members of the committee of stewards are Mrs. James Hodgson, Messrs Wesley Hardy, Earle Atkinson, Reginald Travers, Norman Hardy, Gordon Warren.

Trustees are Cedric Hunter, Charles Johnston, Norman Hardy, Gordon Warren and Fred Leard.

Mrs. Wesley Hardy was re-elected treasurer and Mr. Harvey Hutt was appointed auditor for the coming year.

Messrs. Cedric Hunter, Perley Hardy and Gordon Warren were appointed as members of the joint cemetery committee.

A vote of thanks in appreciation of their good work was extended to Rev. and Mrs. J.M. Sproule; the Presbytery committee comprising Rev. Norman Green, Rev. Heber Kean and Rev. Cecil Webber, who have assisted the congregation during the illness of Rev. Mr. Sproule; to the organist, Miss Annie Leard, and the choir director Cyril Leard; to the recording steward, the treasurer, the Sunday School superintendent, Mrs. C.H. Weeks and all others who have given valuable leadership and assistance in the work of the congregation.

The meeting closed with the Mizpah benediction.

Three Cases Of Liquor And \$19 Taken In Break

Summerside Police are investigating an early morning break at the Summerside Curling Club Saturday when three cases of liquor and approximately \$19 in change was taken.

The break which was discovered at 1:10 a.m. Saturday by Csts. Harry MacKay and Keith Champlion, was made by ripping a screen off a basement window and forcing the window. The thieves made their escape through a back door on Court Street.

Elect Trustees For Tignish United Church

The annual business meeting of Tignish Congregation United Church of Canada, was held on Tuesday afternoon at the home of Mrs. William McLeod. Rev. Norman Green opened the meeting with prayer and presided.

Satisfactory reports were received from the Section, Sunday School, Women's Association, Trustees, and Treasurer.

Trustees John McIntosh, Erland Winters and Roy McLeod were re-elected. Mr. McIntosh, Mr. Winters, and Mr. Roy McLeod were elected Stewards.

Further repairs to the church building and other matters of interest to the congregation were discussed.

A vote of thanks was extended to Rev. Mr. Green for conducting the meeting.

The meeting closed with the benediction.

RECORD TRAFFIC The Australian airports at Melbourne and Sydney had a record total of 108,000 passenger landings in 1957.

Mr. and Mrs. Leonard Pickering and family of Borden, were recent visitors to Cape Wolfe, guests of Mr. and Mrs. Lloyd Cooke.

Mr. and Mrs. Leslie Hardy and daughter Leslie of Alberton, were Sunday visitors to the home of Mrs. Hardy's sister, Mrs. David Lockhart and family in Coleman.

Mr. and Mrs. Alvin Palmer and family O'Leary, motored to Brooklyn recently to visit the latter's parents, Mr. and Mrs. Fred Wells.

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THIS WEEK AT CIVIC STADIUM

MONDAY — 8-10 Skating

TUESDAY — 1:30 p.m. Pre School Skate 8:30—Island Hockey League—S.D.U. vs. Intermediate Aces

WEDNESDAY — 4:00-5:00 Skating 8:30—Senior Hockey — Amherst Ramblers vs. S'side Aces.

### Scottish Woodcutter Is Accused Of Four Murders

HAMILTON, Scotland (AP)—A Scottish woodcutter accused of four murders was spirited to a secret hideout Saturday under heavy police guard. Angry women chased the police wagon shouting "you devil."

Peter Thomas Anthony Manuel, 31, hid his face under a raincoat while being hustled from the courthouse to a police wagon. His escort of detectives held back the shouting crowd, mostly women.

Manuel was arrested behind closed doors. Guards barred both press and public from the court room.

Detectives refused to discuss a motive for the murders.

Manuel was arrested Wednesday and secretly charged with slaying a family of three in their bungalow on New Year's Day.

FIND GIRL The next day police dug up the body of Isabella Cooke, 17-year-old schoolgirl missing for 19 days, near her home in this suburban town 11 miles outside Glasgow.

Police said Manuel was charged Saturday with the girl's murder. VICTIMS FOUND SHOT

The New Year's Day victims were Peter Smart, 45, his wife, Doris, 42, and their 11-year-old son. All had been shot in the head.

Neighbors of Manuel said he was born in New York of Scottish parents who returned to Scotland while he was still a child.

He lived in a Glasgow suburb with his elderly parents. His father, Samuel, formerly was district councillor in the local government.

Scottish police refuse to discuss cases they are investigating

being addressed by Hon. J. Angus MacLean, federal minister of fisheries. (l to r) Mr. George MacMahon, secretary; Summerside Mr. Urban Laughlin, vice-

president Sherbrooke; Mr. George Key, Jr., president of Summerside; Mrs. (Dr.) Hubert MacNeill, treasurer, Summerside. (Rear) Mr. Ronald Kennedy,

of Kensington, appointed to serve on the senior executive; directors, Leslie Clark, Kensington, Bruce Small, Miscouche, Bert Thompson Tryon.

Church Group Is Entertained

Mrs. C. B. Jelly entertained the Laura Bain Missionary Group of the Summerside Baptist Church for their first meeting in the new year Friday evening. The meeting opened with the president, Miss Vera Waugh, in the chair. After singing "Light Of The World," scripture was read by Mrs. Charles Ballem, followed by circle of prayer. The president wished all present a happy new year and in her devotion on the subject, "My covenant for 1958" she wished all members to think of this covenant as applying especially to them. "Take Time To Be Holy" closed the devotional period after a poem was read by Mrs. Bruce Johnston.

The missionary lesson, given by Mrs. William Meggison, described the lives and work of Rev. and Mrs. Perry Allard, missionaries in India. Mrs. Elmer Newson reported how the knitted caps sent to India brought great joy to the recipients. She also conducted a quiz of "Tidings".

Two visitors were welcomed and 19 members answered roll call. The Mizpah benediction closed the meeting.

A social hour followed with the presentation of a birthday cake and a gift to Mrs. C. B. Jelly, and a witty song composed by a member was sung expressing how they'd miss her, as well as wishing her a happy holiday. White cross work followed and lunch was served by Mrs. John Leuty and Mrs. Ted Poole.

Highlights of this meeting were: 1. The installation of the officers by Rev. L.M. Murray who also addressed the auxiliary and encouraged them in the important work which they are doing, which is of world wide importance and influence; 2. The announcement of two voluntary life memberships, Mrs. L.M. Murray and Mrs. Bradford, Mr. Arthur making three this past year; 3. The over-subscription of the allocation and the encouraging reports of secretaries.

The president expressed appreciation of the co-operation of the members during the year, and suggested a verse, Philippians 4:9 for their watchword and guidance in the coming year. The secretary, Mrs. Horace Glover, reported 12 meetings with an average of 20 members also several special meetings held.

Mrs. George Brookings stated that 7 boxes containing 318 lbs. with a freight charge of \$7.69, were forwarded to Overseas Relief, while 2 boxes of 21 lbs with a charge of \$1.75 were sent to the Port Worker in Halifax. Mrs. F.L. Orr reported 42 visits to homes, 19 to hospital, 32 treats, 44 cards and 3 bouquets of flowers sent during December. During the year 418 home visits and 53 hospital calls were made. 328 cards and letters, 283 treats and 49 bouquets were sent by the members. Mrs. Waldon Danson reported 19 cards and letters sent from the secretary.

The associate members' secretary, Mrs. Russell MacKay stated that 4 members were 20 Associate Helpers of the Month. They donated \$60.40 by mite boxes. Miss Edna MacMurdo stated that there had been 30 subscribers to the Missionary Monthly.

Mrs. Harold Laird reported that a total of 551 books were read, including 300 books by the Explorer group, and that the Book Shelf had been purchased.

Mrs. Robert Carruthers, vice-president for Younger Groups, stated that good co-operation existed between the W.M.S. and the Younger Groups. The president reported for the Mission Band with 8 members, and an average of 5, some with perfect attendance, at the 10 meetings held. The Baby Band party was held with a good attendance.

The treasurer, Mrs. W. C. MacLeod gave the financial report as follows: Fees: \$9, Life Memberships: \$75; Thankoffering: \$166; Envelopes: \$154.60; Associate Helpers: \$60.40; In Memoriam: \$17; Donations: \$40.70; Baby Band: \$16.50; C.G.I.T.: \$18; Mission Band: \$6.40; Explorers: \$8.43 Total: \$572.03

It was decided that the fees be paid at the February meeting. Mrs. D. MacKenzie, Mrs. Ernest MacEwen and Mrs. P.J. Kennedy were re-appointed on the nominating committee.

The program committee for February will be Mrs. H. Glover.

### ALBERTON HIGH

#### Careers In Fisheries Discussed For Students

Last Thursday afternoon, Grade Eleven and Twelve students at Alberton High were privileged to hear an address by William Murphy, Federal Dept. of Fisheries, Charlottetown. Mr. Murphy gave a detailed description of the work in the Department of Fisheries Laboratory in Charlottetown and other similar labs across Canada.

The speaker mentioned the various positions available and recommended them as worthwhile, interesting and well-paid.

ing positions to attain after receiving a university degree. Mr. Murphy also stressed the importance of having a distinct goal in mind before entering university.

Mr. Murphy addressed the pupils through the efforts of the teachers who plan to present several other worthwhile occupations in this manner in order to help the students who will graduate from Alberton High School in this and succeeding years, to choose the profession they would like to enter.

Good luck to A.H.S. hockey team in their forthcoming games. The first game was scheduled for Friday night against Elmsdale, but the ice was not in fit condition for hockey or skating.

Curling At Alberton Rink

Alberton Curling Rink schedule. Jan. 20. 7 p.m. Campbell vs Myrick, Matheson vs C. Gordon.

9 p.m. Wilkie vs H. Harbour, Perry vs Hunter.

Jan. 21. 7 p.m. Myrick vs Gibson. 9 p.m. Bryan vs Campbell.

Jan. 22. 7 p.m. A. Wilkie vs Gibson, Turner vs H. Harbour.

9 p.m. Bryan vs Hunter, K. Matheson vs Perry.

Jan. 23. 7 p.m. Campbell vs C. Gordon. 9 p.m. Perry vs Gibson.

Jan. 24. 7 p.m. Hunter vs Harbour, C. Gordon vs Wilkie.

9 p.m. Turner vs Myrick, Campbell vs K. Matheson.

### N. Y. Stock Market Has Good Gains

NEW YORK (AP) — The stock market plunged ahead last week for a good gain despite a continuation of drab economic news.

The Associated Press average of 60 stocks was up \$3.60 to \$160.30 in a continuation of its irregular rise since the close of 1957.

The badly abused railroad section of the average was mainly responsible for this advance. Apparently there was considerable hope in investment circles that some government aid will be forthcoming for the industry.

The big news of the week for the stock market was the lowering of margin requirements for stock purchases. After the close on Wednesday, the federal reserve board cut margin requirements to 50 per cent from 70 per cent. It was the first cut since 1949.

BROAD ADVANCES The move led to a 3,950,000-share day Thursday when broad advances were made early in the session. But these melted away to a great extent as profit-taking took over later in the day.

News from Washington provided considerable fuel for the advance this week. President Eisenhower's budget message, calling for record peacetime spending, emphasis on missiles and an increase in the debt ceiling was credited for moderate advances Monday and Tuesday.

The market was declining sluggishly Friday until the rails came to life late in the session. They carried almost the full weight of the overall rise on average.

An active Canadian issue this week on the American Stock Exchange was Nickel Rim, up 3 1/2 at 1 5-16.

### WESTERN GUARDIAN

ST. MARK'S GUILD Pantry Sale, Kennedys, Kensington, Saturday, January 25th at 3 o'clock.

PARLOR SOCIAL at William C. Donald, Seaview, January 20. Sponsored by United Church Women's Association.

CARD PARTY Kensington High School Auditorium, Wednesday, January 22nd at 8:00 p.m. Sponsored by Community Club.

NOTICE: The annual meeting of the Bedeque district Lodge will be held in Summerside, Tuesday, January 21, 8 p.m. All members invited to attend.

FUNERAL SATURDAY — The funeral of the late Mrs. Stanley Poirier of Miscouche took place on Saturday morning. Requiem Mass at St. John the Baptist Church was celebrated by Rev. J. D. Clare MacDonald was present in the Sanctuary. Interment took place in the Church cemetery with Father Kelly officiating. Pallbearers were Tilman, Adrian, Martin Hillary and Urban DesRoche and Francis Brown.

Professional Cards

Chartered Accountants T. Earle Hickey & Co. Canadian Bank of Commerce Building Summerside, P.E.I. Phone 2235

Barrister George R. MacMahon, LL.B. Summerside (Also Kensington on Saturdays) Phone Summerside 3551

INSURANCE R. E. Ellis & Son Limited Fire — Auto — Casualty 3 Summerside Summerside

Optometrist E. E. Parkman Opt. D., R.O. PHONE 3287 OPPOSITE GUARDIAN OFFICE Summerside

B. F. Hunter, R.O. Summerside, P.E.I. Phone 3110 SMALLMAN'S BUILDING

A. Raymond Grant, B.Sc., O.D. 288 Water Street, Summerside Above Maurice Mill's Men's Wear. PHONE 3530

Photographers THE READ STUDIO D. W. SEARS



### I was a sleepless wreck

My nerves graded from lack of sleep. Irrigation bothered me. I felt jittery, depressed, drained of all ambition and energy.

Some people suffer unpleasantness because their systems are aggravated by elements in everyday true. This is particularly true of those with "nervous" temperaments.

While some people can drink tea, coffee, cocoa and some soft drinks without harm, others cannot.

Postum does not contain stimulants such as caffeine, theophylline or theobromine which can rob you of sleep, irritate your nerves, speed up pulse with subsequent depressing let-down. Postum does not contain tannin to give you indigestion, nor any other ingredient to cause you harm.

Switch to Instant Postum, the beverage of comfort! Postum tastes and acts like no other beverage. Postum has its own distinctive flavor. Make Postum instantly, right in your cup. Just add freshly boiling water, or hot milk, stir and enjoy.