## How to Be a Public Speaker By J. P. McEVOY

A PUBLIC speaker is one who says things in public which nobody cares to listen to in private. A speech is a one-sided conversation spoken in a loud voice with certifier.

id voice with gestures. Fractically all you need to be a public speaker is a public and you can always get that.

You may not get the same one twice, but natural curiosity will insure you a bearing every time.

The vision of our forefathers."

"Our sacred heritage."

"Our sacred heritage."

bearing every time. This question comes into the minds of every one about to hear a speech, "Is it possible this speech will be as deadly as the other one?" The answer is in-variably, "Yes."

THERE are but three standard ges-

With the one in which the index finger of the right hand is shaken vigorously at the audience you say. "I view with alarm

The second standard gesture is the one in which the watch chain is firmly grasped in the left hand while the right band is extended to the stars. This Illustrates the dramatic phrase: "'
are trembling on the brink ...

For the third gesture the speaker dvances one step with his right foot

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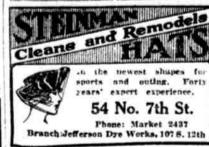
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"All for one one for all." "Life, liberty and the pursuit appiness."

Eight detectives of the new bandit chasing detail toured various sections of Washington, Lincoln, Roosevelt, the city during the night. The men were in two motorcars and were armed with powerful express rifles. Only the higher officials of the Police Bureau knew the men were out. Harding—those roses in the garland of immortality, linking our magnificent past with our glorious future." "Gentlemen, I thank you."

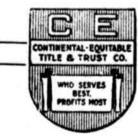
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# Thrift Week-and The Helpful Bank

ODAY is the birthday anniversary of Benjamin Franklin — the man who made Thrift a watchword, and who said, "A penny SAVED is a penny earned."

Spend less than you earn. By this is not meant to be mean and niggardly, but to be wise in your spending. Buy what you need-save the rest. And dont' save it in a bureau drawer or an old stocking-put it in a BANK or TRUST COMPANY.

## TODAY is BANK DAY

A Bank protects your money as well as saves it-and in saving it pays you interest. You get more back than you put in.

Go to any Bank in the city and tell some one there that you want to start an account. Gladly, willingly you will be told how to save. And saving is the Mother of

Ben Franklin said: "A man may, if he knows not how to save as he gets, keep his nose to the grindstone.'

Learn to be thrifty, learn to save—and let a Bank show you how to begin!

Philadelphia Thrift Committee

# Building a boy

Here is a more difficult and delicate task than rearing a sky-scraper-



First comes the framework, the bony structure, which must be strong and of good material.

Next come sturdy muscles, full of the resilience that gives grace, strength, ease of movement. Then firm, clean, solid flesh, through which rich, pure, red blood should course, furnishing splendid vitality and health.

You judge your skyscraper by the materials from which it is made. Flimsy wood may give the appearance of stone, but storm or fire will quickly destroy it and all your labor is lost.

You may rear your boy on improper diet, but the risk is great-too great. If some element in the diet is absent, sooner or later your child will suffer for the lack in his food. Do not let the realization of this come home to you when it is too late.

Bread-and-Milk forms the perfect, balanced food that gives your boys and girls every food element for growth. It also supplies the energy for daily study and play.

Bread-and-Milk provides the carbohydrates which should make up 85% of the normal diet. The vitamines in Yeast and Milk add the element that controls nutrition.

Give your boy or girl at least one meal a day of Bread-and-Milk. If you do this you are building bones and flesh, making rich blood, providing energy to run the intricate, living, breathing

## bread-and-milk at every meal

# LOTHES

Woolen bootees, little sacques, flannel petticoats and shirts, sheer frocks and piquant bonnets-all are safely washed in the silky suds of Colgate & Co.'s new wash-bowl flake -



Fab is different from the ordinary soap flake because it dissolves completely. Bits of soap must be rubbed out of fine garments and it is this frequent rubbing which wears out baby clothes.

But Fab is thin, and soluble even in hard or cold water. Fab contains just the right combination of oilscocoanut oil and others. This perfected formula is the result of over five years of Colgate study-plus the Colgate soap-making experience of one hundred and fifteen years.

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