

How to Be a Public Speaker by J.p. Mesvor

McCLEES GALLERIES Mezzotints, Etchings Relining \& Restoring

| Why We Are in Business $\qquad$ the backbone of the country ${ }^{\prime}$ you can investigate as thor conditions governing any given industry? That's How many of and examine apervise, andi money was invested? you can and we do-FOR YOL |
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| The R. R. Li Wollings Co. |


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| FRESHPANT |
| Believe Me |}

Buy Paint Now

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| Kuehnle <br> PAINT\&PAINTING Vine \& 17th. Sts. sPRUCE S77\% RACe 77 in $_{6}$ |
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HITS come out first on Edison and
Vocalion Records

and wo have it:

## BLAKE and <br> BURKART

S. W. Cor. 11th and Walnut

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START TO SAVE-And Stick to it!
Make up your mind now to save
regularly and systematically and stick to it. Don't wait for a more convenient time or until you get a big sum to begin with. START TODAY!
Our Savings Department pays $3.65 \%$ interest. Come in and talk it over.

Continental-Equitable TITLE and TRUST COMPANY Twelfth above Chestnut Philadelphia
Capital
$\$ 1,000,000$
Deposits Over
$\$ 11,000,000$
Surplus
$\$ 1,000,000$

## Thrift Week-and The Helpful Bank

里 Benjamin Franklin - the man who made Thrift a watchword, and who said
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. mean and niggardly, 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 Thrift.
> 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 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-Mille 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-Mille provides the carbohydrates which should make up $85 \%$ of the normal diet. The vitamines in Yeast and Milk add the ele ment that controls nutrition.

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

## bread-and-milk at every meal

## BABy Clothes

Woolen bootees, litte 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-


SAFELY WASHES FINE FABRICS and is this frequent rubbing which ears 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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