

## ENTRECTTY LOAN

- 000,000 issue Awarded Associates
WGED FOR "ALL OR NONE"







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Mill-Fed Stewing Chickens 35

## Full of nutrition and

satistying


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## "After that," said the man, "It's not the mule's fault"

Blame for injury depende on blame belong, then, when the how much chance the victim final brealk-down comes?
had to make himself safe. "The first time a mule kicks me," said a wise man, "it's the it's my fault." A good many people are staying within kicking distance of chance to know better.
They have learned that tea or coffee at night keeps them awake. They know it whips up medical opinion has so often said about the effect of the drug element in tea and coffee upon the nervous system-and how indigestion, headaches, high blood pressure and various ills so often
follow the use of tea or coffee.
Knowing this, Knowing this, they fail to keep

There's safety in Postum, and charm, too. Postum has a full, rich flavor much like that of the better grades of coffee, and it is ree from any harmful element

Whether or not you've had your warning from tea or coffee why not step over on the safe side? Why not do what so many others have done-try Postum ful and satisfying it is - and learn how much improvement there can be for you?
You can get Postum wherever good food and drink are sold word from you to your grocer or restaurant waiter, to make this move to the safe side, at once
 Postum for Health "There's a Reason" Made by Postum Cereal Company, Inc.
Battle Creek, Michigan

## What We Have Done for Our 25,000 Clients

T
HE POLICY of the Central Trust \& Savings Company is o give practical co-operation to its customers, and here are some of the definite evidences of the institution's helpfulness:
It has financed the building of many homes.
It has financed the business of manufacturers, merchants,
It las co-operated with commercial institutions not only by
giving financial aid but also counsel based upon years of priving inancial experience
It has cooperated with an army of savers by paying interest on their accounts and taking interest
trust certifeates paying 4 per cent.
It has provided unexcelled facilities for checking accounts.
It has served as executor and trustee under will, trustee under all trust capacities.

All of these services and many more-in fact, all banking and trust services - it offers you with the assurance of friendly, efficient helpfulness.

CENTRAL TRUST AND SAVINGS COMPANY Market and Fourth Streets Philadelphia.
Capital and Surplus, $\$ 1,550,000,00$


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Spiced Wafors Juat aut
the grocar to sond toome home with your nextorder.
Or bettor yot stop in and J.S.IVINS' SON, Ine Philadalphiar sinea 18 Bl $^{\prime \prime}$


One of the permanan Gimbel Bros. Pure Food Sto


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And lionen

A Flavor

## that comes 9830 miles as the crow flies

$\mathrm{F}^{\text {ROM far off India and tropi- }}$
cal Java come the rare spices that so temptingly flavor IVINS SPICED WAFERS.
Once you have tasted this unusual cookie you can fairly picture in your mind's eye the tropical plantations where these savory spices are grown-you can see hundreds of natives loading the huge steamships that carry these spices over 9830 miles to Philadelphia wharves.

And if you could come to our bakery some day this week you would actually see these spices weighed and blended - then carefully mixed with a batter prepared according to an old recipe that has been handed down from generation to generation.
There's something unusual about IVINS SPICED WAFERS They have a different flavor-a distinctive taste.

Nobody has ever been able to duplicate th
old-time recipe that only Ivins possess. And we frankly believe, that nobody ever will
Jvins Shiced TOfers

