

Be a fresh aly crank.

Year

Get very little sleep-your nerv-ous system will soon collapse under EUBOPEAN PLAN \$1.50 Per Day and Up AMERICAN PLAN \$2.50 Per Day and Up the strain. Drink any old water, the dirties the better-you'll very often find tynents accomodating 3 or mo s from \$4 to \$5,00 per da phold in water. Keep a dirty house-dirt and disrates by the weak or month. Import Reterence exchanged. A quiet fam recommonded tailer visiting New Y me. Upon request by lotter or Telepho dison Louence, a mercenger will most y ease go hand in hand. If you get diphtheria, don't use antitori vaccinated. MARK A. CADWELL Don't be particular about your illk supply-that's a good way to milk supply-that's a good way to get sick and to keep the baby sick. What's the use of being healthy, anyhow! Bad testh are certainly associated with a waak constitutional condi-tion, and with Gragile hones. Bad testh gause poor mutrition, and poor mutrition in turn causes how testh They work in a circle. People with come apt to be in **OWN YOUR HOME** A new series of stock in THE HOME BUILDING AND LOAN ASSOCIATION will open January 4th, They work in a circle. People w perfect teeth are more apt to be good besith. 1913, at the banking house of The Savings & Trust Co. Pay for your home on easy terms and own it. Close the windows and open th

JNO. B. SPARROW, Sec'y

Twenty to twenty-five)per The best time to begin to teach your child economy is now. Dolls and cent reduction from regutoy pistols and teddy bears are short-lived, while the pleasure they bring is also lar retail price. Come and see the line of Roasters. fleeting. One Dollar or Five Dollars in our SAVINGS DEPARTMENT is a helpful and lasting Christmas present. The boy with a bank account be-MeKEL-RICHARDSON gins to feel like a man, and it inspires him to higher things. If you can wuch COMPANY. him to save his own money and inculcate a lesson of thrift and economy, you have given him a Christmas present that is better than all the toys in town.

> Take Advantage of the Facilities Offered by Our Savings Department

Deposits made now go on compound interest January first. The rate is four percent, and you will be surprised how rapidly even a small amount groups.

BANK OF WASHINGTON.