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MORRIS SAYS

A sweet head is a head for sweets. It's not our business to furnish the heads, but

AS TO SWEETS

We have the finest in the land. Made from True Fruit Flavors. Fresh and sweet every day at the

SNOW FLAKE BAKERY.

Easy to Get Relief From Indigestion

Your stomach should digest the food you eat, without the aid of any artificial digestives. If it won't do that, then you are continually subject to dyspepsia, indigestion, heartburn, headache and constipation.

Instead of taking digestive medicines, take steps to get your stomach and intestines again in a healthy, natural condition. Jayne's Tonic Vermifuge will do this for you if you will take it regularly. It is not a digester of foods, but it will restore your stomach and intestines so that they will attend to their natural functions, digesting what you eat and giving strength to the body.

For more than eighty years thousands of men and women who had suffered the pains caused by dyspepsia and indigestion have been praising this Tonic as the only remedy which brought them permanent relief. As the Tonic acts directly upon the stomach and intestines, it is a natural appetizer and strength builder.

Many forms of supposed indigestion are the result of intestinal parasites, for which Jayne's Tonic Vermifuge is unsurpassed. Insist upon Jayne's; accept no other. Sold by druggists everywhere. Dr. D. Jayne & Son, Philadelphia, Pa.

Stung.
"What does the busy bee teach us, Freddie?"
"Not to go too near the hive, uncle."
—London Tatler.

Horse Sense.

When a collar hurts, the average horse winces upon being asked to throw his weight into the collar. Later he becomes what we foolishly call balky perhaps, and finally he fights like an army mule when some one tries to put a collar on him. That's knowing something!

I am personally acquainted with a horse which simply hates a certain blacksmith who once upon a time nailed a bad fitting pair of shoes to his feet and inflicted sore feet upon this horse for all time to come.

There are men in this world of ours cruel enough to fasten a horse with a heavy rope in a stall and then beat the horse with a chain. But such men have "bad luck," for forever afterward if the horse which has received this sort of discipline hears a chain rattle he will bolt in terror, whether hitched to a mowing machine, a carriage with children in it or a heavy wagon loaded with produce. This is either horse sense or horse revenge.—Farm and Fireside.

Place Names in Russia.

The Russian has not applied his names without reason. In 1858, when he founded the capital of the Amoor province, he named it Blagoveshchensk. This means "good news"—to all save the proofreaders in the newspaper offices. Three years later he founded the capital of Primorskaya and gave it a name that plainly showed what it was intended to be—Vladivostok, "ruler of the east." Near the end of his great transcontinental railway he made a brand new city and called it Dalny, "farthest," a very appropriate name for a place 5,800 miles from the starting point of the road. A petty clan of the Suchan family, springing from the narrow, beautiful, but savage glens southwest of Changbaishan, founded the Manchu dynasty, which for more than 200 years ruled China. They took the dynastic name of Manju, or Manchu, in their own language meaning "clear." To this the Europeans have added a termination, and we have Manchuria, the "country of the Manchus."—London Answers.

Followed Instructions.

Mudge—This watch has been stopped for two or three days. Jeweler—Lem me see it. There is nothing the matter with it except that it has not been wound. Mudge—I thought maybe that was it. I remember you told me to wind it up just before I went to bed, and I haven't been to bed for three nights.

A Chatty Old Lady.

The following advertisement appears in a fashionable English newspaper: "Lonely lady wishes to exchange scandal with another. Replies required only from those in the best 'society.'"

Comfort is but a homely name for happiness.—North

His Opinion of War.

"What is your opinion of war?"
"War," replied the old fellow, "is a bad investment."

"The poor man goes out to fight and then, if he doesn't get killed, he has to come home and help pay the debts."
—Detroit Free Press.

Mighty Texas.

Texas is so big that if it swung around in a circle over the United States it would touch the great lakes to the northward, to the east would reach the Atlantic, westward the Pacific and southward the Caribbean sea.
—Cassier's Magazine.

A Popular Recreation.

"Where are you going, Sandy?" said one Scotchman to another. "Doon to the club," said Sandy. "And wha' for?" "Just to contradect a wee bit."

Executive Ability.

Little James—Father, what is executive ability? His father—The faculty of earning your bread by the sweat of other people's brows, my son.

Philosophy is a good horse in the stable, but an arrant jade on a journey.—Goksmith.

Reticence.

Cautiously avoid talking of the domestic affairs of yourself or of other people. Yours are nothing to them but tedious gossip. Theirs are nothing to you.—Lord Chesterfield.

Yes.

Whenever you find a man who is a failure you will also find a patient little woman making his excuses to the world.—New Orleans Picayune.

Always Late.

"Men are always late. I have waited here since 7 o'clock for my husband to come. Now it is half after 8."
"And when were you to meet him?"
"At 5 o'clock."—Lustige Blatter.

His Finish.

"He slipped on the polished floor and killed himself."
"Sort of a hardwood finish, eh?"
—Princeton Tiger.

TALES OF CATS.

Stories That Come From the Historic Tower of London.

Two stories of the intelligence and sympathy of our feline friends were told me during one of my numerous visits to the Tower of London while I was living in England.

Southampton was a prisoner in the Tower with the Earl of Essex during Elizabeth's reign. In some strange way or by some unrecognized faculty a favorite cat of his found his abode and suddenly appeared to him, having made an entrance down the chimney. After his release by James I., Southampton had his picture painted with his faithful friend at his side. The portrait, I believe, can today be seen at Wilbeck abbey.

The other tale is of Sir Henry Wyatt, who was committed to the Tower during the reign of Richard III. and suffered much from want of clothing and food. He would have perished if a cat had not come down into his room and warmed him by lying on his breast and saved him from starvation by bringing him an occasional pigeon caught on the leads. Although the keeper was under orders not to improve his food, he agreed to cook anything which Sir Henry provided, and the pigeons which the cat brought saved his life. He also had a picture painted showing the cat offering a pigeon through the bars of his cell.—Our Dumb Friends.

EASTIR SETS EARLY MARK

(Continued from Page 1)

is plain that it dates back to the era of the Apostles, and the many fasts mentioned in the New Testament perhaps have reference to this every custom.

In the earliest years of the church the Lenten fast was purely devotional, without any suggestion of that discipline which is now the central idea of it. It was shorter, too, in duration, beginning Good Friday afternoon and ending Easter morning—forty hours. Its purpose was a reverent commemoration of the sacrifice and death of Christ. It was to keep fresh in their own hearts, and to perpetuate in the hearts of their children, their sorrow for the sin which caused Christ's death, and a thankful recognition of the benefits flowing from His sacrifice on the cross. This was the age of the persecutions when faith was strong and spiritual fervor deep; when those who joined the

Church did so at the risk of their life, and none joined but such as were sincerely and devoutly in earnest.

The era of the Nicene Council saw this condition changed. The Emperor Constantine became a Christian. He made Christianity the state religion. From the scorn and contempt of past years Christians were raised to preferment and honor. It was no longer necessary to worship in the secrecy of catacombs and caves. Magnificent churches were built by the Emperor's command, and the Christian religion became fashionable and popular. Thousands joined the Church, not because they were touched and moved by the love of Christ, not because they aspired to the holiness of the Christ life, but simply to share the honors of a popular movement.

The effect of this on the spiritual life of the church is easily guessed. The fervor and devotion of Apostolic days were lost. The lust of the world swept into the church. The multitudes who rushed into the church because it was now popular were but nominally Christians. Their hearts were untouched; their lives unchanged. They would proudly say they were members of the Church but they were in woeful ignorance of what that membership implied. Selfish, sensual, worldly, they remained as Christians.

The sins which these people were beset with were the sins into which Satan sought to lead our Saviour at the temptation in the wilderness. As Christ, in the name of God, overcame the tempter and rose to the life of God, so these must be taught to overcome with Him and rise to the same divine life. After the analogy of Christ's wilderness experience, the Lenten fast of forty hours was extended to forty days and made disciplinary for the simple purpose of driving home the deep truths of the religion these converts had lightly professed. First, they were to fast—fast rigidly—not as a virtue in itself but to teach them to guard against the abnormal indulgences of natural appetites. This struck at sensuality, immorality, and excesses of every kind. Secondly, a form of almsgiving was enjoined. This touched selfishness in its various forms. It enforced the principal of self-denial that had for its object justice, even to generosity. It taught that to build up private interests at the expense of another is wrong; that they must help rather than hinder, oppress or neglect weaker brethren. Thirdly there were special devotions, multiplied services, for instruction in the Word of God and for deepening their devotional life.—Selected.

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