

## Have You Planned Your Outing?

A Few Timely Suggestions

**Summer Excursions East**      **Beach Resorts**  
**Rose Festival**                      **Springs and Mountain Resorts**

You doubtless want to go somewhere, to get away for a while from the steady grind. Let us help you.

**Excursions East:** From June 1 to Sept. 30 low round trip tickets will be sold from all points on the P., E. & E. and S. P. one way through California or via Portland.

**Newport, Yaquina Bay:** For rest, pleasure or recreation and outdoor life try this old seaside outing place. The best of everything, camps, cottages, hotels, at moderate cost

**Tillamook County Beaches:** A new playground, only a short run from Portland. Mountain, forest, fishing streams or beach in endless variety and infinite charm.

**Rose Festival:** From June 9 to 12 Portland will don holiday attire, supplying entertainment unique, historical and interesting; fun on land and water you cannot afford to miss

**Springs and Mountain Resorts:** Hot springs, mineral springs and mountain resorts for fishing, hunting, or 'far from the maddening crowds' are to be found in abundance along the Southern Pacific.

**Our New Outing Booklets:** 'Vacation Days,' 'Newport' and 'Tillamook County Beaches' are just off the press, full of timely suggestions as to where and how you can best spend your vacation. They are free for the asking. Drop us a postal card or call on our nearest Agent.

**P., E. & E. R. R. Co.**

John M. Scott, General Passenger Agt.  
 Portland, Oregon.

## Falls City's Railway Connection



not be won by educational process, but "beaten to a frazzle," "make 'em take the count," "knock 'em over the ropes." In social life the debutante must make her conquests the first season, and she's driven like a machine in a Vanderbilt cup race to do it. In religion hell must break forth like a fire mountain, the "sinners must be stamped" and "hit the sawdust trail" in a four weeks' campaign, in which "God rolls up his sleeves and biffs every mutt on his soul's solar plexus." Getting religion is a sequence of moving pictures and melodrama. We're living in an age of bass drum and megaphone. And it gets results—so the figures show. But it's at a cost. The night before is simply great, but I'm afraid we'll need a sedative the morning after.

### Fifty Per Cent More Efficiency.

Our Christian Science friends do not harp much on religion, but they insist these body temples ought to be glorious and beautiful, and they are getting converts because hitherto lots of folks were willing their bodies should have no more care than shanties in a mining town. We've been selling slices of our constitution and years of our lives for lack of thought. We forget that life is worth more living if we take care of the liver. You are not necessarily wrong with God because you are depressed. The devil may be after the body as well as the soul. Alexander Cruden was insane part of the time; so was Cowper. David cried, "Out of the depths of hell have I cried unto thee." Job, among the ashes with broken pieces of pottery, moans, "Sorrow is better than laughter." Jeremiah's lamentations suggest Carlyle's duodenal catarrh. Don't underestimate your body. When the warning bells of pain ring you'd better notice the call. The first requisite in life is to be a good animal. A good body is equal to 50 per cent more brain. If you want to get the highest, best balanced, most long continued mental and moral power for God and humanity get a sound physique. There is a duty of health because health is power, mental, social, spiritual.

### A Leaking Gas Tank.

My scientific journal assures me a locomotive uses only 5 per cent of the power developed by the coal under its boilers. Ninety-five per cent wasted! My wanderlust auto friend crossed a state with a leaking gas tank. His remarks were savage. Go over your machine, adjust levers, scrape spark plugs, note radiator, test clutches, make sure your gas-oil friction parts inflate your tires, try your engine. Then hunk, hunk! Don't waste your energy in hate, worry, reading gossip and crime, amusement that doesn't recreate; don't go to school if you don't want to learn, nor to church and Sunday school if you are inattentive. It's waste. But health isn't found like Ponce de Leon's fountain of youth nor can it be bought at a bargain counter. It may be had in a large measure by observing a few simple rules. Eat simple food. Drink lots of water. Breathe deeply and slowly. Sleep as much as you need. Open windows each night. Keep body and mind clean. Stay out doors all you can. Play a little each day. Laugh much. There is really a laughter cure. Cultivate it. Worry is sin. Forgive your brother. Laugh and forget it. Trust God. You'll soon find God more loving and man easier to get along with. And you will find the "temple of the Holy Ghost" a place fit for God.

## A PICTURE ROMANCE.

The Frame That Startled Delacroix in the Paris Salon.

Eugene Delacroix, founder of the French romantic school of art, was very poor in his youth. His first picture of note was his "Dante and Vergil," painted when he was only twenty years old. It was extremely large, containing several figures the size of life, and to buy the canvas and colors took all the money Delacroix had. A frame was out of the question, but a good natured carpenter gave the young artist four strips of lath, of which Delacroix made a rude framework for his masterpiece, which he then sent to the salon. But he had hardly a hope that his picture would be accepted.

On opening day Delacroix went to the salon, but failed to find his painting. He was wandering disconsolately about when he noticed a great crowd before a picture. He drew near. It was his "Dante and Vergil." But it was in a magnificent, richly gilded frame, as fine a product of the picture mounter's art as could be found in Paris. Astonished, he sought Baron Gros, head of the examining committee. As soon as young Delacroix introduced himself Gros seized his hand and congratulated him with true Gallic enthusiasm. "But," stammered Delacroix, "how about that splendid frame? I had no money to frame it, and"

"Make your mind easy," said the baron. "Your lath frame fell to pieces, but the committee was determined that such a chef d'oeuvre as you have painted should be placed on exhibition, and we framed your 'Dante' at our own expense." —Exchange.

### Jonathan Swift's Charity Sermon.

Jonathan Swift once preached a charity sermon the length of which wearied many of his hearers. The fact came to his knowledge, and when a few months later it fell to him to preach a similar sermon in the same place he determined to profit by the criticism.

His text was, "He that hath pity upon the poor lendeth unto the Lord, and that which he hath given will he pay him again." And after repeating these words in a more than commonly emphatic tone the dean added, "Now, my beloved brethren, you hear the terms of this loan; if you like the security down with your dust!"

The quaintness and brevity of the sermon are said to have brought forth an unusually large contribution. —Detroit Free Press.

### An Eccentric Will.

In the year 1736 a gentleman living in England named Samuel Baldwin died after a somewhat unhappy married life. By his will Mr. Baldwin left his property to his young wife on the condition that she should from time to time dance upon his grave. The motive for this strange request was evident when the instructions for his interment were read. Mr. Baldwin desired that his remains should be taken by boat to the Needles and then cast into the sea. This singular wish enabled him to revenge himself on his wife for past disagreements, and the widow lost the property, as she could not fulfill the conditions of her husband's bequest.

### No Tears Nor Hills.

In the days when Rowley Hill was bishop of the Isle of Man one of his clergymen bearing the name of Tears came to say adieu to his bishop on getting preferment. The parson said: "Goodby, my lord. I hope we may meet again, but if not here in some better place."

The bishop replied, "I fear the latter is unlikely, as there are no Tears in heaven."

"No doubt," wittily answered the parson, "you are right that our chance of meeting is small, as one reads of the plains of paradise, but never of any Hills there." —London Queen.

### A Free Translation.

"And you say the idiot of a teacher told you that you had an extravagant fool of a father?"

"That's what he meant."

"But what did he say?"

"He said it was criminal folly to waste money on the education of such a chump as I am." —Cleveland Plain Dealer.

### Drawbacks.

"Father never really began to feel at home until we struck Italy."

"So?"

"Yes; in Venice everything was flooded, and in Pompeii the streets were all torn up." —Louisville Courier-Journal.

### Sagacity.

"What do you mean to tell your constituents when you get home?"

"I'm not going to tell 'em anything," replied the youthful member of congress. "I'm just going to hire a brass band and trust them to the soothing charms of music." —Washington Star.

### NOW AND THEN.

**W**HY not think a decent thought.  
 Now and then?  
 Why not ponder, as you ought,  
 Now and then?  
 Get your mind out of the mire,  
 To the higher things aspire,  
 Claim a loftier desire,  
 Now and then.  
 Think of something else than gold,  
 Now and then.  
 Think of things not bought and sold,  
 Now and then.  
 Turn from sordid deeds and mean;  
 In your acts your thoughts are seen;  
 Think of something sweet and clean,  
 Now and then.  
 Think of good instead of bad,  
 Now and then.  
 Of the bright things, not the sad,  
 Now and then.  
 If you think the way you should,  
 As you could think if you would,  
 You would do a lot of good  
 Now and then.  
 —Detroit Free Press.

**Y**OU are slaves to custom and vogue;

Too timid to speak or to move,  
 You have worshiped the moneyed rogue;  
 You are walled in your narrow groove,  
 And the men with the noblest hearts who have aimed at the highest good;  
 You have trampled them under your feet—  
 Unheard of and misunderstood!  
 For the spirit of old remains  
 That nailed the Christ to the tree;  
 That brought Galileo to chains  
 And Bruno to tragedy;  
 For the Philistine altereth not—unchanged  
 Since the world began;  
 He hath hindered the car of progress and murdered the thinking man.  
 —Sydney Bulletin.

### SMALL BEGINNINGS.

**A** SNOWFLAKE is so very small  
 We scarcely think of it at all,  
 And yet enough of them will make  
 A barrier we cannot break.  
**A** DROP of water is so slight  
 That as it falls it fades from sight,  
 And yet enough of them will be  
 A torrent or a raging sea.  
**A** WORD is but a breath of air,  
 'Tis heard or spoken without care,  
 Yet words in fierce profusion hurled  
 Upset the history of the world.

Try a Sack of

# HIGH FLIGHT FLOUR

and watch results

All Goods and Prices Are Right

AT

## Falls City Lumber Co.

# STORE

## SATURDAY NIGHT SERMONS

BY  
**REV. SAMUEL W. PURVIS, D.D.**

### THE GOSPEL OF GOOD HEALTH.

Text, "Know ye not that your body is the temple of the Holy Ghost?"—1 Cor. 6, 19-20.

Time was when folks seemed to think ill health a mark of spirituality. They were shocked when Emerson said, "A sick man is a rascal." Sometimes piety was a disease of the liver; now we think differently concerning health. Then success had to come first; now we say health first. Amos R. Wells says: "It makes no difference how well you can write short stories if tuberculosis is fastened on you, nor how persuasively you can preach if you have persistent nervous headaches, nor what skillful mechanic you are if you have overstrained your heart, nor how divinely you sing if your liver is out of order, nor what avenue of usefulness is open before you if it is blocked by bodily disabilities. If you are a fool with your body don't expect to be a sage with your mind. First make the physical basis sound and sweet and then God will let you build upon it a life to his glory and your joy." Good! Solomon's temple or the temple of Diana at Ephesus is not to be compared in spiritual value to the temple of the body. God comes down in mysterious fashion and dwells with us in the temple of flesh. We must keep it sweet and clean and pure without and within.

### Postponing Your Own Funeral.

Much of health depends on nerves. Vital forces are conducted along them. But we're sinners on dissipating nerve force. The folks who can conserve this vital fluid will postpone their own funerals. In this year of grace 1914 we are going some. President Wilson says, "All life is not running to a fire." But we're in an age of conflagration and high pressure systems. Every politician must rush through many bills. They'll never be enforced, but no matter. Magazine and newspaper must reform the body politics posthaste, and the new administration must clean up the tenderloin in forty-eight hours or there'll be a recall. The voters must

## An Advertisement Is a Challenge

By HOLLAND.

**T**HE man who advertises is fearless. He courts the light. He dares all and sundry to put him to the test. "This is what I offer," he says in effect. "Can you beat it? Can you do better elsewhere? Make comparisons and then do business with me only if you find it is to your advantage."

There is nothing hidden about the advertiser. He stands up for himself, for his goods, for his reputation, for his town. He wants everybody to know him, to know his methods of business and his manner of treating customers.

This makes it safe to do business with him. Having spent much money making his name known, he cannot afford to have it tarnished, and he will go much more than halfway in an effort to correct a misunderstanding that is not of his making. He wants to tell more than the bare truth, to do more than what is really square.

DEAL WITH ADVERTISERS FOR A SQUARE DEAL.