

### en Food Sours

Tolks who think they have "have only an acid condi-could be corrected in five tes. An effective anti-acid

s Milk of Magnesia soon sestion to normal, does away with all that d gas right after meals. It e distress so apt to occur fter eating. What a pleastion to take! And how for the system! Unlike a e of soda—which is but relief at best—Phillips ignesia neutralizes many

a hearty meal, or too rich prought on the least dis

ume in acid.

# Magnesia

or Milk Container for delivering milk in iers sounds extravagant. housekeeper going to do tainers when the milk ed? Throw them out. a is to have the bottles same material as cones n, and rendered impersture by being treated gestible fat. Then the

per Economy

I, and dinna forget to al's glasses off when he

Least That " asks a writer. lunch and carfare, we oston Transcript.

n life by burning mid-

Hurts

of Water and Take Occasionally

don't get scared and your stomach with a at excite the kidneys entire urinary tract. eys clean like els clean, by flushing mild, harmless salts remove the body's nd stimulate them to

In 24 hours they of grains of acid and n readily understand ance of keeping the

four ounces of Jad tablespoonful in a efore breakfast each w days and your kidet fine. This famous m the acid of grapes combined with lithia, ed for years to help ate clogged kidneys; e the acids in the e no longer a source us often relieving

elightful effervescent k which everyon and then to help s clean and active keep up the water doubt you will won of your kidney trou-

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use the milk and eat and there will be no

n was leaving on a busihe called back as he

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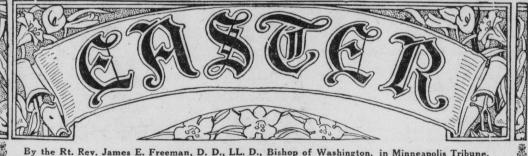
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ood water—you can't also get from any

xpensive: cannot in

- Pittsburgh, Pa. nder-Worker-Weapons.

Why Eggs Were Colored.



By the Rt. Rev. James E. Freeman, D. D., LL. D., Bishop of Washington, in Minneapolis Tribune.

MATT. XXVIII, 1: "As it began to daws, to-The mighty teaching of the resurrection is associated with the dawn of a new day. It

maintains that
"man's primary need is for light."
He maintains that man, in
his confusion, has turned
to education, thinking the
while that this will lead
him to the new land of
promise. We cannot believe that it was without
design that the Resurrection was associated with lieve that it was without design that the Resurrection was associated with the dawning light of a new morning. It is suggestive of a new beginning, it marks the opening of a fresh experience and is full of the promise of a new day of enlarged opportunities. Man associates action and life in its fullness with light. Night is the symbol, not alone of inaction, it is identified in our minds with the baser things of life; it is a time for treason, stratagems and spoils; it is suggestive of death itself. The patient in his fever and delirium tosses restlessly through the night, he finds quiet and assurance with the dawning of the day. Even the birds and flowers sleep through the night and awaken with the morning.

In the shadowy hours of

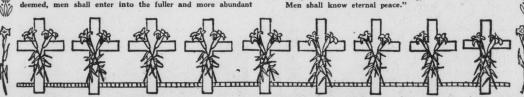
In the shadowy hours of the evening on that fateful Good Friday the body of Christ found sepulture in the new and unused tomb of Joseph of Arimathea.

or Joseph of Arimathea.
The very somberness and solemnity of the evening hour were fitting accompaniments of such a tragic ending. With the first blush of a glowing morning the risen Christ emerged from His tomb. His first appearances were to those who had come at the breaking of day to pay their loving tribute at come at the breaking of day to pay their loving tribute at

Through the long centuries that followed that first

life. Through the long centuries that followed that first Resurrection morning, men and women have been looking yearningly in its direction and have found in it the assurance and hope of immortality. Victor Hugo expresses his own deep conviction in the words, "Winter is on my head, but eternal spring is in my heart. I breathe at this hour the fragrance of the lilacs, the violets and the roses as at twenty years. The nearer I approach the end, the plainer I hear around me the immortal symphonies of the worlds, which invite me. It is marvelous, yet simple. It is a fairy tale, and it is history." With glowing expectation he adds, "When I go down to the grave I can say like many others, I have finished my day's work. But I cannot say I have finished my day's work. But I cannot say I have finished my life. My day's work will begin again the next morning. The tomb is not a blind alley; it is a thoroughfare, It closes on the twilight, it opens on the dawn."

So we come again to another Easter morning. It will be interpreted to us in glowing services, with augmented music and the fragrance of blossoms that bespeak a new springtime near at hand. Those who rarely frequent the aisles of churches will be drawn to them on this day and find themselves responding to the message that tells of Christ's resurrection. Shall it not mean to us something more than all this? Shall we not feel the pulsings of a new life stirring within us? Shall we not acknowledge that the Christ of the early dawn brings to each one of us renewed hope, high and holy expectations and a freshened zest and entusiasm for that fuller and more complete life of which He is the supreme exponent and embodiment?



### Rabbit and Egg Legend Universal

Jovous Easter is here. After Sunday school and church where special Easter Sunday exercises make the day more joyous, thousands and thousands of boys and girls will return home and hunt for Easter rabbits and eggs. Then the egg-rolling contests will begin. But this great sport for the youngsters will not stop with the close of the day. Easter Monday is always a great day for the kiddies, if they have any unbroken eggs left for rolling. And there always seems to be a reserve supply. Easter Monday is a gala day for the youngsters of Washington, for on that day they go to the White House grounds where they roll their vari-colored eggs for the President and first lady and, of course, for their own entertainment.

Easter is now a Christian festival in memory of the crucifixion and resurrection of our Savior, but it had a heathen origin. It is a relic of the pagan festival of spring celebrating the rebirth of life after the dormant period of winter. It was not until 325 A. D. that the Council of Nice proclaimed Easter as the time for celebrating the resurrection of Christ. The council also decreed that it should be a movable feast which cannot be earlier than March 22 or later than April 25, and that it be determined by the old paschal or Jewish lunar month, always falling on the first Sunday after the full moon on or next after March 21. Thus, if the full moon falls on Sunday, then Easter day is

the next Sunday. Easter Legends.

All youngsters know about the rabbit and eggs and their connection with did these symbols of this joyous festival originate? The origin of egg-rolling which most children enjoy so much is supposed to have begun centuries ago from the practice of farmers rolling eggs over their lands to be sure of abundant yields at harvest the pagan emblem of the germinating of life of early spring. The children and for this reason the latter are nearly always hidden away in nests or | will look long in months to come for The rabbit is another pagan symbol and has always been an emblem of fertility. Modern people have lost knowledge of what these symbols mean, yet they have continued these old pagan customs, perhaps by force of habits, and certainly for the amusement of youngsters at Easter time.

bolize the Easter joy. This custom is found not only in the Latin, but also in the Oriental churches." Christians shall be pleasant, and that lane and are supposed to have adopted the eggrolling custom to symbolize the resurrection, and the eggs were colored red in allusion to the blood of redemption. Yet, other colors were later introduced and now they have no special significance except to make variety.-Pathfinder Magazine.

Three Days

By weary prisoners trod, Bowed to the earth a fainting form, The Son of God.

Night! and a naked Cross Lifted against the sky, On whose stark arms the Sun of God Lay Down to Die.

Dawn! by an empty Tomb, He who is strong to save, The Son of God, hath conquered death And rent the grave.



There is the hazard that one may be wrong on Easter morning, and yet it seems, so far as recollection serves, that Easter mornings commonly are suited to the joyous significance of the day. The sunshine loves the earth, and lingers on it, and trees put forth Easter. The Easter egg and the legend of the rabbit are universal. But how and tree, after their fashion, are in bloom. One would vow almost that the cherries bloomed for Easter, and that the quince in the garden had put off by the Corsairs during one of the forth in token of the resurrection.

It is excellent, in all truth, that Easter should fall as it does in this region, and over a broad belt of the Friday procession and barefooted he time. This was because the egg was planet. For the season is—shall we not say?-synchronized with the message, and the mother earth cries out, are told that the rabbits lay the eggs, albeit dearly, that there is no death, but only the seeming thereof. You in flower beds in the yard and garden. turf that is greener than the sod of Seville performs his penance, his Easter Sunday, for flowers that are more innocent of hue and petal. And if it be fair, as we insist the morning around and wonder if "his feet will

long for such another morning. For so many, many days the earth has slept, in that slumber which As to the coloring of Easter eggs a | touch should awaken them, and they | Faith.

the use of eggs was forbidden during | world again-a world of sunshine and Lent, they were brought to the table | laughter. Is there aught of sadness in on Easter day colored red to sym- this? There is much of promise fulfilled. For the seed quickens and the lawn shall have leaf and flower and bladed green. On all ordinary occasions we have little faith in weather prophecy—but this morning should be blithe and sunny. It really should be, for it is Easter.—Portland Oregonian.

German Kiddies Believe

in the German village are taken to the woods the day before Easter and each child makes a nest of twigs and then runs away. Then when he comes back next morning, lo! the nests are all beautifully filled. Who else but the hare could have laid the eggs? For the hares do not lay ordinary eggs. Only large painted, candy eggs. At least that is what every child in Germany is taught to believe.

In certain English provinces there is in vogue the queer "lifting" custom. If a crowd of women meet a man they seize him and lift him up three times and he must pay a forfeit if he would escape. On Easter Tuesday the men retaliate. The woman must beware then. The men will seize her and lift her up and extort a kiss for her free-

For several years now there has been an interesting sight in the Good Friday procession in Seville. A gallant society man, much muffled and disguised, walks barefoot and carries a heavy cross. Those who do not know him think, of course, that he must be extremely devout to put himself to so much discomfort. But he is not religious a bit. He is only walking to save the family money. The law of inheritance in his family compels

him to do it. It seems that several centuries ago one of his ancestors, also a society wars. While he was lying in prison he made a vow that if he ever returned to Spain alive he would join the Good would carry a heavy cross. This he did, and furthermore, he made a con dition that all male inheritants if they wished to inherit the family property,

should do the same. So while the present gentleman in friends, who have received their property on no such condition stand ought of right to be, you will look permit him to attend the duke's ball on Monday next."

Another interesting feature of the procession is a child of twelve, blindfeigns death. Seed and root in their folded. She wears white robes and loam, dreaming of a time when a feels her way timidly. She symbolizes Failure of Humanity to Find Real Happiness, Indictment of Christianity

By REV. DR. HENRY DARLINGTON (New York), Episcopal.

T F THOMAS A. EDISON'S birthday statement that he did not know any one who was really happy is a correct quotation, and if Mr. Edison is only partially right, what a judgment on 2,000 years of Christianity! One of the great things that Jesus sought to give us was happiness, joy and peace. And yet how few of us are realizing that God meant us to get the most out of life.

This we are failing to do, I believe, because of four joy-killers that loom all too large in the average person's mind, the product of overemphasis on material values. First among these joy-killers we may place the Puritanical ideas and distorted sense of sin that too frequently make people feel that to enjoy themselves would in itself be wrong. They think that anything that is pleasing must be bad.

Worry is the second of life's great joy-killers-worry over things not worth considering. Jesus preached against worry. In one of the modern translations we find Him saying, "Don't let these fear-thoughts get the better of you."

Our third joy-killer is the ceaseless urge of this age which seems to be prodding us on and on. Here in America we seem to think that unless a man is working his finger nails off, there is something wrong with him. We seem unable to relax, to sit content on a beach and lister to the music of the waves.

Jealousy, bringing us all sorts of unnecessary temptations, is the fourth joy-killer.

Typical American and Christian Governed by Ideals Not Appetites

By REV. DR. JOHN McDOWELL, Presbyterian.

Character is the only foundation upon which we can build a republic. Conscience, not science, is the only adequate basis for a democracy. To speak of our American ideals with no reference to American religious faith is a thin and shallow interpretation of the nation's soul. A nation can exist without religion, but it cannot live without it.

The present situation in America creates and deepens three compelling convictions.

First-There is no hope for Americans apart from the Kingdom of God. No new political system, no new educational system, no new industrial system, no new social system apart from the Kingdom of God can ever save America.

Second-There is no hope for the Kingdom of God apart from the Christian church. Other institutions will help the church, and for their help we are profoundly grateful, but not one of them will take full and primary responsibility for bringing the Kingdom of God-the kingdom of righteousness, peace and joy-into the life of America. The school will not take it, the college will not take it, the legislature will not take it, congress will not take it, the court will not take it, the public press will not take it. If the Kingdom of God is to come into our American life, the Christian church must take primary and full responsibility for bringing it in.

Third-There is no hope for the Christian church apart from an efficient, consecrated leadership and membership which possesses the following qualities: vision, knowledge, conviction, co-operation, sacrifice and character.

Fault of Modern Education That It Gives No Clue to Significance of Life

By REV. S. M. SHOEMAKER, New York.

Our education today gives us so much knowledge and so little wisdom, so much sophistication and so little maturity, that when we have Easter Hare Lays Eggs | run the gamut of exciting sensations and exhausted the possibilities of The Easter "hare" originated in such life as we know, our souls are like rags wrung out, like squeezed lemons.

It is a most baffling and uncertain time. The old anchors and moorings are gone. The assurances which science and the new liberty held out to us have not materialized. The animal existence which gives free rein to the instincts does not invariably lead to liberty, but often to worse enslavement than before. The intellectual life of investigat ing and learning, is high and fine, but it gives no clue to the signifi-

It was Jesus' personality throughout the centuries that has compelled men to follow Him, and although His presence is no more visible on the earth His appeal to youth has grown even greater. The mark He has left upon history has been only a white mark. Many crimes have been committed in the name of His religion, but they were faulty human mistakes in application. Jesus himself has only exercised a beneficent and ennobling influence upon men and the world. Such a one, standing in front of the moral and spiritual vanguard of humanity, has a right to call each of us, and expect us to take up like men, and not run and evade like cowards.

Better Than Monetary Assistance Is Aiding Needy to Help Themselves

By REV. C. EVERETT WAGNER, New York.

Those who need help should be taught to help themselves rather than receive momentary assistance by flinging out gifts of money. When sympathy runs wild by performing deeds for those persons who have aroused it, the recipient is harmed more than he is aided. In this way parents are frequently the worst enemies of their children. Individuals hand out money for relief instead of finding a permanent job for the unemployed.

Thousands of people will reach down in their pockets in the distress of thousands that are out of work, but they will not invoke the principle of trying to aid people to assist themselves by agitating for the establishment of state and federal employment bureaus. When they know an aged couple in want they satisfy their own emotions and sleeping consciences by giving temporary assistance instead of helping to create a social order which acknowledges a collective responsibility by passing old age pensions in the various state legislatures.

The last individual which the church can aid is the one who comes to it expecting the institution to do everything for him. That frame of mind is helpless in a constructive method. The first individual which the church should aid is one who really wants a chance to have that opportunity to do so.



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