

pears at precisely 2 o'clock in the afternoon of Easter Saturday in the tomb of the Holy Sepulcher. Through the holes in the walls of the sepulcher candles are passed to the patriarch of Jerusalem, who is inside; there are returned ablaze—presumably lighted by the sacred fire, and other candles are lighted from these. Swift messengers carry this holy fire throughout the length and breadth of Palestine, to Palestine, to Bethlehem and to all parts where pilgrims travel. Hundreds of people sleep during the previous night in various chapels, that they may secure good places on the morrow, and there they will stand for hours waiting in patience and thrilling expectation for this miraculous holy fire.—Ex.

**Easter Cookery**

**Hot Cross-Buns.**—Mix half an ounce of good yeast with a little warm milk; take two pounds of well-warmed flour, half a pound of butter and half a pound of sugar, and make the whole into a light dough with as much warm (not scalding) milk as is necessary, adding currants and spices to suit the taste. Set the dough to rise in a warm place for an hour or two, then form into nice-sized pieces for buns and set on buttered tins. Cover with a piece of flannel and set in a warm place to rise again for twenty minutes; when well risen, mark a cross on each with the back of a knife, brush over with sweetened milk and bake in a hot oven.

**Hot Cross-Buns with baking powder.**—To one quart of flour add one teaspoonful of salt, two tablespoonfuls white sugar and one tablespoonful of baking powder; sift all together, and then rub into the flour three ounces of butter; add sufficient milk to make a very soft dough, and roll out in a sheet an inch thick. Cut in square buns, and in the center of each top cut a deep cross with the back of a knife-blade. Bake in a quick oven. The spices generally used in hot cross-buns are equal quantities of ground ginger, allspice, coriander and caraway seeds mixed together. Sometimes very

**HONEST CONFESSION**

**A Doctor's Talk on Food**

There are no fairer set of men on earth than the doctors, and when they find they have been in error they are usually apt to make honest and manly confession of the fact.

A case in point is that of an eminent practitioner, one of the good old school, who lives in Texas. His plain, unvarnished tale needs no dressing up:

"I had always had an intense prejudice, which I can now see was unwarrantable and unreasonable, against all much advertised foods. Hence, I never read a line of the many 'ads' of Grape-Nuts, nor tested the food till last winter.

"While in Corpus Christi for my health, and visiting my youngest son, who has four of the ruddiest, healthiest little boys I ever saw, I ate my first dish of Grape-Nuts food for supper with my little grandsons. I became exceedingly fond of it and have eaten a package of it every week since, and find it a delicious, refreshing and strengthening food, leaving no ill effects whatever, causing no eructations (with which I was formerly much troubled), no sense of fullness, nausea, nor distress of stomach in any way.

"There is no other food that agrees with me so well, or sits as lightly or pleasantly upon my stomach as this does. I am stronger and more active since I began the use of Grape-Nuts than I have been for 10 years, and am no longer troubled with nausea and indigestion." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Look in each package for the famous little book, "The Road to Wellville."

thin chips of candied citron are placed in the marked cross before baking.—Farm and Fireside.

**Easter Cakes.**—Take one pound of flour, half pound of butter, half pound of white sugar, yolks of two eggs and the white of one, and cinnamon to taste; mix half the butter with the flour, sugar and spice; melt the remainder of the butter and mix with it the well beaten eggs, then mix all well together. Roll it out thin, cut into stars, circles and other fancy shapes, and bake in an oven not too hot. When cool, cover half of the cakes with white icing and the remainder with yellow. Sprinkle chopped almonds over the yellow frosted ones and ornament the white ones with tiny candy eggs in yellow and pale violet.

**Contributed Recipes**

**Quick Cake.**—Break two eggs into a coffee cup and fill cup with cream, one cup sugar, one and a half cups flour, two teaspoons baking powder, one large spoon melted butter, a small bit of any flavor; bake quickly, use grease and paper. When done, turn out on damp towel and roll immediately with jelly or preserves. Nice for sauces or to slice and eat cold. This can be doubled, but is better to make twice if more is desired, as this quantity serves six plates.

**Sponge Cake.**—Whites sixteen eggs, beaten to stiff froth, two cups of flour (large coffee cups), two and two-thirds cups of sugar (fine or rolled), four level teaspoons of cream of tartar, a small bit of lemon juice and a few drops of any desired extract. Do not beat hard while mixing. This cake has never been beaten if well made—seldom fails to take premium at our fairs, and has been made in our family for the past twenty years.—Reader.

**Fashion Notes**

The loose, blouse effect of waist is rapidly becoming lost, while the Directoire is taking its place. Fashions that emphasize the natural curves of the figure instead of concealing them are leading up to the draped and fitted bodice, the full round bust and the tapering waist. The new corset, while retaining the straight front, has a higher bust and more abrupt hip.

Surplice effects lend themselves readily to the new waists, and can be made becoming to both the full and the slender figure.

Sleeves continue full at the top, the shirring down the center or along the inner seam is varied by gathering, cording or smocking. Elbow sleeves are growing in favor, and with them long gloves are worn.

Tucker and chemisettes, made of lace, or lingerie, show various embroideries and fancy stitchings, and are worn with open-throated surplices and draped bodices.

Skirts are cut circular, or many-gored; circular flounces are seen, and tiny knife-plaitings are used as trimmings.

The new hats are smaller than heretofore; lace, lingerie, eyelet embroidery, flowers and foliage are used as trimmings. Picture hats, either white or black, are still worn with dressy costumes. Hats generally dip down far over the eyes, but the brims are much wider in back than in front, and all the trimming is at the back or at the left side toward the back.

"Glove handkerchiefs" are batiste handkerchiefs so small as to be worn inside the gloves, on the palm of the hand, or in the little bags used for toilet necessities.

Embroidered batistes, linens, coarse linens of the canvas order, and thin etamines are in great vogue. All sorts of gingham in plain colors are used, trimmed with fancy gingham bands. Linen, braids and galons are combined with the heavier gingham. Serges have taken on a new lease of life, as well as a fineness and suppleness of weave.

No great elaboration is permissible

on young girls' dresses, but much work may be put in them yet conveying the idea of extreme simplicity. Plaid materials are seen, and are best made up the straight way of the plaid.—Delineator for April.

**Learning the Hard Lessons**

I am reading a letter from a dear little girl friend, which so strongly recalls the trials of my own young days, that my heart goes out to her in intense sympathy. She says: "I just hate (heavily underscored) housework—everything about it; but Mamma says I must (again heavy underscoring) learn to do it and to do it well. But she says I may ask you, and I shall do just as you say: Now, is there any use for me to do the work I hate to do?" She gives some of her experiences in getting through with her despised duties, with an earnestness of language that awakens my sympathy, but I can not help feeling that she has the wrong idea, or is looking through "crooked glasses." In the first place, her neatness with her letter, writing, spelling, punctuation, wording and phrasing, together with her clear, strong expression and concise sentencing, lead me to believe that she would be just such a perfect housekeeper as she is a letter-writer, if she would only take the proper view of the case. Besides, to be the all-round woman which she is surely capable of becoming, she must develop all sides of her intellect; and, much as she may doubt it, there is an intellectual side to housekeeping, and if she will only look at it in the right light, she will find it, after all, very fascinating work. I think the reason most of us so dislike housekeeping is that we allow ourselves to see but the hard, coarse part of it; we shut our eyes to the fact that it has to deal with the very most vital interests of everyone of us. To an intelligent, refined woman, few things are so repugnant as untidy, ill-kept surroundings, and the skilled hand of a thorough housekeeper can, with a few deft touches, give an air of comfort and taste to a room which, in the hands of an illiterate, or ignorant person, would be unbearable, no matter what work she bestowed upon it. Then, there is a discipline, a training in doing housework, which is to be had nowhere else, and in whatever place or position a woman may find herself, a thorough knowledge of how such work should be done, practical, not theoretical, will help out many a bad place in her own home, when the time shall come that she shall be mistress of one.

Learn the lessons, dear little Janette, while you have the tender love of your mother for your teacher. Believe me, she will set you no task that she does not feel will redound to your good, and in the years to come, you will thank her heartily for her loving insistence that you do yourself the justice of perfecting your beautiful womanhood with a knowledge so necessary to the well-being of those whom you, in turn, will have to love, and to lead along the pathway that leads to blessedness.

**Our Own Architect.**

It is a recognized fact, that the body grows by that upon which it feeds; if we partake of clean, wholesome foods, the body thrives, and we become beautiful with health and pure, clean blood; if we give rein to our appetites, eating for appetite's sake, we become foul with impurities, and the features respond at once to the shaping of our indulgences. If we would be beautiful in body, we must live by pure foods, and, as with the body, so with the spirit—we live by what we feed upon. Every day, we grow more and more like our thoughts and ambitions; if they are mean and selfish, or sordid and debasing, we can not prevent our souls becoming mean and sordid,

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too. If our thoughts are unclean and evil, our characters and conduct must surely share in the uncleanness, and our lives and influences will be debased. Just the feelings we allow ourselves to send out to others we shall receive again from those about us. If we listen for unkind criticisms, or tale-bearings, we shall hear what we seek. Our ears interpret to our souls within, harmony or discord, as we're attuned to hear; even the stillest hour is full of sounds—they are what our soul's condition will receive. Is it well, then, to feed upon husks? Are we wise to stoop to foul inhalations near the surface when, by lifting ourselves above the miasma, we may drink in the airs of heaven? Should we allow ourselves to drink in the discord of evil when we might absorb the harmonies of heaven? If we would grow to new heights, we should aspire; we reach only what we are willing to climb for.

**HE WASN'T A LEGISLATOR**

A traveling man who "makes" Kansas City frequently was dining in the cafe of one of the large hotels yesterday when he thought he'd play a trick on his waiter. "See that man at the next table, George?" he said.

The waiter nodded assent. "That's Dr. Alonzo Tubbs, the Missouri legislator, who is trying to stop all tipping." The waiter grew interested at once.

"Well, ain't dat too bad," he said. "Ah's been waitin' on him, too."

"Well, you won't get any tip there," said the traveling man.

"Ah suttinly treated him right," replied the waiter.

A few minutes later the man at the other table left and the waiter returned to the traveling man.

"Well," said the drummer, "what did I tell you?"

"Xcuse me, sah, but ah thinks you tole me er fabrication," said the waiter, grinning. "Dat man ain't a legislator—he's a gentleman."

The man had given him a quarter.—Kansas City Star.

CHILLS, COLIC, AND DOCTORS' BILLS  
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