



## Easter Morning

Ye lilies, stately, sweet, bend low:  
Your King  
Walks through the garden in the  
faint-lit morn;  
The grave has given up the Holy  
One—

He, who was mocked of men, and  
put to scorn.  
Speak to the breeze, fair blooms,  
that it may blow  
Your gentle incense to Him, walk-  
ing so.

Ye lilies, waxen, glorious, see her  
come—

Mary, the type of weak humanity;  
In palest dawn she meets One wind-  
ing slow:

"Gardener," she calls Him, for  
Doubt can not see;

He speaks her name—the night  
winds hush their cry—

"Master!" she cries, and daylight  
finds the sky.

"Gardener," indeed; oh, lilies  
drenched with dew.

He tends all nature, bringing  
spring to earth;

Fearly growth's resurrection brings  
anew.

From out the grave of winter—  
wondrous birth!

Ring, silent chimes of fragrance,  
lilies pure—

The mysteries of life through death  
endure.

—Ladies World.

## "Aids to Digestion"

Few things are worse for the digestion than to eat while angry, worried, excited or exhausted. Food taken into the stomach under such conditions acts like poison to the system; yet in many families, the meal-time is the occasion taken for telling all the bad news, finding fault, grumbling, reprimanding, quarreling or scolding—and the scolding is not always done by the house-mother. In too many instances, the family temper is upset by the squabbling of the younger members, and the inevitable follows. At meal time is usually the only meeting at which everybody seems to have time to listen, and this should be the most attractive hour of the day. It certainly is not the time to rake up old, or new, grievances or to adjust differences, and it would be a saving in many ways if the family would determine to speak of only pleasant things. The Good Book tells us that "a man hath no better thing under the sun than to eat, drink and be merry," and assures us that a merry heart is like a good medicine, while medical authorities everywhere tell us that happy thoughts, cheerful companionship and a healthy interest in the good things of this life promote good health and do away with disease. Whatever else we take to the table with us, let us leave the worries, fears, anxieties, forebodings and ill-temper which beset us during our work hours, outside the door.

## Insomnia

Do not begin treating insomnia with drugs. In many instances, brain-stimulation is caused by dietary errors, and may only be relieved by right living, and the causes in these cases can be overcome by a common-sense treatment without recourse to physicians. It is useless to treat a symptom without remov-

ing the cause. A constipated habit of the bowels is very frequently the cause of "nervousness," or sleeplessness. It is well to remember that insomnia, of itself, is not a disease, but a symptom of some other derangement of the system, and can not be relieved until the cause is removed.

## Papering the Walls

If the old paper must be removed, go over it with a wet cloth or brush, two or three times; when the paper is quite wet, it will peel off readily. Wash the walls first with a strong solution of soda and water to which has been added a few drops of carbolic acid, and when dry, paper or paint as desired. For walls that have been whitewashed, wash with a cloth dipped in strong vinegar, after scraping off all the white wash possible. If there are holes in the plastering, fill with a little wet plaster of paris.

If the paper is to be left on, and has only cracked and peeled off the wall in places, wet the wall and the paper with a smooth, raw paste made of flour and thick sour milk. If the paper has to be patched see that the design is matched, or the damaged portion may be repaired by lightly touching up the damaged places with suitable colors in the paints used by children at school.

Grease spots may be removed by laying a piece of clean blotting paper on the spot and rubbing gently with a hot iron. Powdered pipe-clay mixed to the consistency of cream, applied and left for several hours on the spot will often answer.

It is very hard work to clean wall paper when it has become smoked and dingy from the winter's heating; and unless well done, it is apt to look streaked, and spotted, and not at all satisfactory. Even a very cheap grade of paper will look better than the old, dirty one if not well cleaned.

Do not use a paper of large design on the walls of a small room; one with small figures much broken will add to its appearance. Stripes give the walls an appearance of height, while large figures, cubes or squares, make it look "squatty," or low for its width. For a sunny room, use cool colors, and for a shaded room, use bright, sunshiny tint. Reds are not pleasant for the eyes, but may be used in halls.

## Washing Colored Goods

Green, blue, mauve, purple, or purple-red colors may be set by soaking the things before washing in a solution of alum water, an ounce of alum to a gallon of water, for ten minutes.

Madder tints, browns, brown-reds, tans, and their shades should be soaked in a solution of one ounce of sugar of lead to one gallon of water, soaking ten minutes before washing.

Black goods, black and white, gray, very dark purple, must be soaked in strong salt water, or a cupful of turpentine may be put in the wash water. Finer black cottons may be soaked in a strong tea made of whole black pepper.

For all manner of black and white things, a handful of salt in the last rinse water will improve them. All colored things must be washed out quickly, and dried as quickly as possible in the shade after all soap, if

any is used, has been well rinsed out of them.

Yellows, buffs, tans in bright colors are made brighter by adding a cupful of strong, strained coffee to the rinse water.

If at all doubtful as to the fastness of any dark colors, try washing in thin flour starch, using no soap.

## Good Things to Know

For cushions, chicken feathers, if properly prepared are as good as any others. Feathers in the pin-feather stage will not do; but mature feathers, such as are plucked from old fowls, should be saved. Throw away the coarse wing feathers or quills, and the tail feathers. If any bits of skin hang to the quills or feathers, take it off, and reject any with soft ends filled with blood. Wash the feathers through a warm soap suds, lifting them out into clear, tepid water in which a little carbolic acid has been thrown, and rinse well. Lift them out of this water and put them in a bag and hang in the sunshine. The feathers should be washed on a sunshiny day. As they dry, rub, or whip them in the bag, to make them fluffy.

When using enameled ware on the cook stove, rub them over on the outside with a thin film of lard. The grease will prevent the smoke blackening them. When done using them, rub off with a piece of newspaper, and wash as usual.

If you have very hard water, fill your boiler and bring the water to a scalding heat, and put into it two cupfuls of sal soda. Just before it really boils, and after all the soda is dissolved, slice up a cake of soap, and as soon as the water boils, put the soap into it. If the soap is put in the water before it softens—which it does not do until it boils, the soap will separate and form a dark, cheesy scum, and this will stick to the clothes and be almost impossible to remove. Those who have used very hard water know how this is. After the soap has been put into the water, no more hard water must be put in, as the fresh water will cause the soap to separate and harden, ruining the wash. Enough water for the wash should be softened before using.

It is claimed that lard, rubbed over dirty silver, followed by a dusting of common baking soda, and let stand for a couple of hours, may be rubbed all over thoroughly with tissue paper, and made to look like new for brightness.

## A Cleansing Fluid

Benzine or gasoline is liable to leave a circle about a spot cleaned with either of them, but here is a fluid which, it is claimed, will not leave any stain: Put a quart of soft water in a sauce pan and add to it half an ounce of borax—one rounding tablespoonful—and two heaping tablespoonfuls of finely shredded white castile soap; stir until the borax and soap have thoroughly dissolved, then pour in another quart of hot water and set the mixture away to cool; when cold, add half an ounce (one tablespoonful) each of ether and glycerine, shake well, cork tightly and set away for use. It can be used for grease spots on furniture covering, silk or wool garments, carpets, or anything that can not be cleaned by other methods. To use: Brush the article to be

cleansed free from dust; shake the fluid well, and pour a little out into a saucer and sponge the spots until they disappear, then wipe thoroughly clean with a dry, clean cloth, and air until perfectly dry. Keep the bottle containing the fluid tightly corked.

## Burning Sulphur

There is no better, or surer way of getting rid of insects in the walls than by burning sulphur in the room. Sulphur candles for the purpose can be had of the druggist, and before lighting should be set in some vessel that will protect the room from catching fire on the floor. After lighting, set the candle where it may be seen from the key-hole, as it may "go out," and need re-lighting. The fumes of sulphur will corrode all metals; will kill all plant life, and sometimes injure papers; all such things should be removed. Bureau drawers, closets, wardrobes, should be left open, and bedding and clothing should be thrown loosely over chairs. Every crack or other opening should be stuffed so the room will be as nearly air-tight as possible. Leave tightly closed for at least twenty-four hours.

## Easter Cake

Cream half a cupful of butter; add three-fourths of a cupful of sugar to the butter and cream the two; add three eggs, unbeaten, one at a time, beating as added three minutes before adding another. To this add half a cupful of flour, one-third cupful of cornstarch, one rounding teaspoonful of baking powder; crush ten stale macaroons finely and add, with one cupful of desiccated coconut, one teaspoonful of vanilla extract, one tablespoonful of milk. Butter baking cups and fill three-fourths full and bake in a moderate oven. When cool, cover with a delicately green icing, flavored with pistachio if it can be obtained; press through a piping tube a darker shade of the icing to represent a ribbon bow, and place crystalized mint leaves and violets tastefully on it.

## Query Box

L. S.—"Sending cards," as a social observance, always means sending one's visiting card. These are sent in acknowledgement of various things—invitations, announcements, notes of condolence, or calls.

"Ignorance."—Beurre is the French word for butter. Beurre fondee is melted butter, and beurre nois is butter that has been browned. Bay leaf is the leaf of the sweet Bay or Laurus nobilis; is used as a seasoning in culinary preparations; can be had at the grocer's, or the druggist's.

M. M.—Some recommend giving tinware not used on the stove two or three coating of enamel paint; in the old days, tinware was made for use, and lasted a long time; but not so now.

Rose L.—The colored cotton or linen goods may be safely washed in thin flour starch without losing color, or having a "smeary" look when dried. Use no soap, and rinse in clear water. The fabric will be stiff enough.

Ella S.—Double-faced canton (or cotton) flannel is used to protect a polished table. Cut the piece three inches larger than the table-top, run a hem all around it, and in this hem run a tape. When on the table, draw the tape tightly, adjusting the edges of the cover, and it will not slide off the table.

R. M.—To prevent soaked pie

## AN OLD AND WELL TRIED REMEDY

MRS. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays the pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.