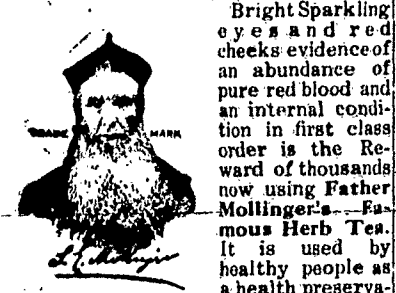


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How well you are looking? You are growing younger every day. NEW ROAD TO HEALTH



Users of Father Mollinger's Famous Herb Tea Attract Comment by Reason of Their Improved Appearance—Great Discovery by a Great Priest-Physician.



Easter Excursion

Boston - \$12.00 Round Trip. Tickets good going April 6th. Return limit, April 20th. Fares from other points from which this excursion will be operated may be had from local ticket agents.

New York - \$10.70 Round Trip. Special ten day excursion to the Metropolis. Tickets good going April 12th. Returning April 21st. Similar reduction (one-way fare plus \$3.00 for round trip) from all local stations.

For tickets, time of trains and all information, call at New York Central Station, or at City Ticket Office, 20 State Street, Rochester. Telephone: Bell, Main 963; Home, Stone 858.

Easter Flowers and Plants

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THE ART OF FLYING

Easy to Master if Patience and Common Sense Are Used.

THREE METHODS OF TEACHING

One is the Pioneer French System, Another the Dual Control System and a Combination of the Two Which is Used For Training War Pilots.

Almost every one has seen an aeroplane in flight, but with the present day layman the interest is centered more on the man than on the machine with which he does the flying. Naturally, writes J. G. Gilpatrick in Popular-Mechanics, the first question is, "How did he learn to fly?"

Of necessity the pioneers of aviation taught themselves the then difficult and dangerous art, and all airmen in the world today owe their flying ability to the Wrights, Bleriot and others of the men who went before.

BATHS A MONTH LONG.

Natives of Japan Take Them Hot and Sleep in the Water.

The number of baths taken daily by the Japanese at the hot springs and the length of time they remain in the water put counter to all western medical opinion regarding the utility of hot baths for invalids.

When we remember that water at 115 degrees F. can just be borne by the hand, but not by the whole body, it is possible to realize the agony of afflicted humanity in the Kusatsu baths.

Exhausted Soil.

Where there is "exhausted soil," usually it is the loss of humus that causes the condition. Get sufficient vegetable matter back into the soil, and usually applying manure is the quickest way to accomplish this.

Fattening Foods.

Potatoes, cereals, bread and all starchy vegetables are fattening, but should be well chewed and tasted before swallowing. Thin, anemic people derive much benefit from egg lemonade or eggnoggs (without alcohol) made from the yolks, which contain fat, iron and other valuable elements.

Doing His Best.

"Mamma, the Smiths live in the town where we"— "I think I should use the word 'reside,' Tommy."

Using Up the Straw.

In effect a bulletin of the United States department of agriculture asks why the American farmer cannot put straw in the same use as it is put by the European farmer.

SUNLIGHT AND SOIL.

Causes of the Difference of Color in Foliage and Flowers.

It is sunlight that chiefly causes the difference in the color of the foliage and flowers of plants. The foliage and flowers of plants absorb sun rays of certain colors and reject others, and this it is that makes the flowers take on their proper colors.

We know that the character of the soil and possibly a difference in climate may cause flowers to change their colors. Some wild flowers of New Jersey are of quite a different shade of color from the same flowers in Illinois.

It is proved that the character of the soil may change the color of flowers. Take any of the pink flowering varieties of Hydrangea hortensis, repot the plant, carefully washing away the old soil, and replace in soil in which alum has been incorporated.

New shades of flowers are produced by crossing one color with another, somewhat as an artist mixes paints to obtain desired shades and colors, but with far more trouble and far less accuracy.

The range of color for each species seems to be confined within certain limits, though the hybridizer is gradually extending these limits.

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The first Easter

RUSILY dawned the day in the far east. On the shore the cool waves broke gently, fluttering foamy drops on the yellow sand. Away from the water among the rocky stretches of green, lilies bloomed slender and tall, white with cups curving to catch the errant little breeze which carried their sweetness beyond the hills.



"FLOWER OF PURITY AND SPIRITUAL BEAUTY."

As they drew near to the lily sentinels, the one who walked ahead raised her eyes, dark with pain, to the open doorway, and quick wonder lighted her depths, and she turned, whispering, "Ah! Mary Magdalene, the stone already is rolled away. He hath done this thing."

With eager steps they left the growing day and entered the darkened sepulcher. But as they went they saw two angels seated at the tomb, two men with strong, glorified faces and glad, bright eyes, and their robes were bright as if the sunlight were shining through.

Then the mother of Christ knelt low and wept, but a voice thrillingly tender called to her saying, "Woman, why weepest thou?"

And she lifted her eyes at the words and answered softly, "Because they have taken away my Lord, and I know not where they have laid him."

But the voice came again, glad and full of rejoicing, "Fear not, ye; for I know that ye seek Jesus, which was crucified. He is not here, for he is risen."

Wondering the mother enquired, her starry eyes searching the brightened sepulcher. Then she rose and walked with Mary Magdalene from the place. Descending the path in the golden sunlight her eyes roamed brushed against the uplifted flowers, dew-flecked, wondrous sweet. Stopping, she bent her head to the shining lilies. "Live," she murmured, "as expression of the divine beauty of the Son of Man, as examples of his wondrous mercy and boundless love and as the symbol of his resurrection. Henceforth you shall be the flower of purity and spiritual beauty of the holy Easter day, of the great new life which floods the earth through the power of the Son of God."—Patricia Gray in Philadelphia North American.

Easter Egg Game.

When your friends come to play with you during the Easter holidays select a leader. The leader stands in the center of a circle. Each player holds out his hands, palms upward, and upon each of them the leader places an Easter egg. The leader then goes around the circle, catching up the eggs in turn and trying to strike them upon the hands that hold them.

Each one tries to withdraw his hands before they are struck. The same leader continues until he is able to strike some one's hands, whereupon the victim must take his place. If one's hands are withdrawn and the egg falls to the ground because of a feat on the part of the leader it is as if his hands received the blow. At the end of the game the eggs can be eaten.

Easter Morning.

O'er all the earth the Easter bells are ringing. From arctic snows to tropic isles so fair Where Easter lilies, their white censers swinging, Rich fragrance pour upon the balmy air.

Ver all the earth a myriad happy voices With joyous greetings hail the Easter morn. Death reigns no more! the chorus glad rejoices. "The Lord hath risen! Life the grave doth scorn."—Mary J. Safford in New York Sun.

Just a Few Suggestions For Easter Gifts

Easter Cards and Booklets in Great Variety

Bibles, New Roman Missals, New Mass Books, Prayer Books

Holy Week Books, 25 and 50c

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To make a good job of it, the time to paint woodwork is just after it has had a thorough scrubbing. This is the place to buy paint, and you'll never regret having applied CLARK QUALITY PAINT wherever good dependable paint is needed.

Perhaps the outside of the house needs paint. If it does, fill its hungry pores with life preserving linseed oil and good pigments. For with such good paint as Clark sells, and a good painter doing the work, you'll make glad the whole household, and neighborhood as well.

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