

Health and Home Hints

Fruit Beverage For Hot Weather.

Hot weather brings to every human constitution a craving for larger qualities of refreshing liquids than may seem in accordance with rules laid down by dietitians—yet these innocent cravings can not be misplaced, nor can it be wrong to minister to them unless there is manifest depravity in the kind desired. Even normal taste demands that they be cooling as well as refreshing, and possessing a quality slightly acid in its nature. The fresh fruits gives us a most agreeable variety of delicious flavors that are as wholesome as they are grateful.

Because these drinks are delightful to the taste and harmless in their ingredients do not use them to excess with the idea that no unpleasant results will follow the over-indulgence in iced drinks, whatever their component parts may be. The simplest way to prepare fresh fruit beverage is to crush the fruit add sugar enough to sweeten the taste, and allow to steep until the juices are well drawn out, then pour off. This may be served at once by pouring into a glass partly filled with cracked ice or may be sterilized and sealed in bottles for latter use. For strawberry and the sweeter fruit juices add a tablespoonful of lemon juice to each pint of fruit juice.

Cherry Drink—Wash and stem ripe, red cherries, weigh, and to three pounds of the fruit add three quarts of boiling water. Place over the fire where they will steep for two hours. Make a syrup with one and one-half pints of water and one and one-half pounds of sugar. When it cooks clear let it boil for ten minutes. When the cherries are soft pour into a jelly bag and strain out the clear juice, add the syrup and boil together for ten minutes. Then cool and keep on ice for a day before serving.

Turkish Delight.—Grate a fine ripe pineapple into a bowl and cover with boiling water; let it stand five hours, then strain off the clear liquid, sweeten to taste and freeze to a soft snow; serve in glasses with a spoonful of raspberries in the bottom of each glass.

Boiled Lemonade.—Squeeze the juice from five lemons, strain perfectly clear; add seven tablespoonfuls of sugar. Pour a cup and a half of boiling water over the sugar and set away to cool. Serve ice cold with a few strawberries, cherries, or raspberries on top.

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THE DOMINION PRESBYTERIAN

World of Missions.

Christianity in Japan.

[From an interview with Court Katsura, Prime Minister of Japan.]

There are Christian churches in every large city, and in almost every large town in Japan, and they all have complete freedom to teach and worship in accordance with their own convictions. These churches send out men to extend the influence of Christianity from one end of the country to the other, as freely as such a thing might be done in the United States, without attracting much, if any, attention. There are numerous Christian newspapers and magazines, which obtain their license precisely as a matter of course. Christian schools, some of them conducted by foreigners and some Japanese, are found everywhere, and recently an ordinance has been issued by the Department of Education under which Christian schools of a certain grade are able to obtain all the privileges granted to government schools of the same grade. There are few things which are better proof of the recognition of rights than the right to hold property. In many cases associations, composed of foreign missionaries permanently residing in Japan, have been incorporated by the Department of Home Affairs. These associations are allowed to "own and manage land, buildings and other property, for the extension of Christianity, the carrying on of Christian education, and the performance of works of charity and benevolence." It should be added also that they are incorporated under the articles in the Civil Code which provides for the incorporation of associations founded for "purposes beneficial to the public;" and as "their object is not to make a profit out of the conduct of their business," no taxes are levied on their incomes. Presbyterian Congregational, Baptist, Episcopal, Methodist, and other American missionaries all have such associations. In passing, it may be worth while to ask the question, how far do the facts to be found in Russia correspond with all these facts now stated? The number of those professing Christianity in Japan, I do not know; but it must be a large number who are Christian in their affiliations. The Japanese Christians are not confined to any rank or class. They are to be found among the members of the National Diet, the judges in the courts, the professors in the universities, the editors of leading secular papers, and the officers of the army and navy. Christian literature has entrance into the military and naval hospitals, and a relatively large number of the trained nurses employed in them are Christian women. Recently arrangements have been made by which six American and British missionaries and six Japanese Christian ministers are to accompany the armies in Manchuria in the capacity of spiritual advisers to the Christian soldiers. These are facts patent to all, and therefore I repeat what I have already said: That Japan stands for religious freedom. It is hardly necessary, I think, to point out that to abandon that principle, either now or in the future, would be to violate the Constitution, and would create deep dissatisfaction throughout all Japan. What, then, becomes of the argument that Russia stands for Christianity and Japan for Buddhism?—The Missionary.

The chief sanitary officer of the island estimates the present population of Cuba at 1,655,677, being an increase of 183,880, since the census was taken four years ago.

Anaemia—Poor Blood.

Headaches, Dizziness, Heart Palpitation and Consumption Follows.

Anaemia—Watery blood—is a treacherous trouble. It steals insidiously from slight symptoms to dangerous disease. The thin watery blood shows itself at first in pale lips, wan face, breathlessness, heart palpitation, lost appetite. It the trouble is not checked and cured, consumption follows; coughing, spitting, clammy night sweats, a total breakdown and death. What the anaemic sufferer needs is more blood—more strength. And there is nothing in the whole wide world will give new blood and new strength so surely and so speedily as Dr. Williams' Pink Pills. Every dose helps to send new, rich, red blood coursing through the system, bringing strength to weak lungs and all parts of the body. Thousands testify to the truth of these statements, among them Miss Enderine Vilandre, St. Germain, Que., who says—"While attending school my health began to give way. The trouble came on gradually and the doctor who attended me said it was due to overstudy and that a rest would put me all right. But instead of getting better I grew weaker. I suffered from headaches and dizziness, and at night I did not sleep well. I was troubled with pains in the back, my appetite left me and I grew pale as a corpse. Finally I became so weak I was forced to remain in bed. As the doctor did not help me any, I asked my father to get me Dr. Williams' Pink Pills. Before I had used two boxes there was an improvement, and when I had taken a half dozen boxes I was in perfect health. I believe all weak girls will find new health if they will take the pills."

Anaemia, indigestion, heart trouble, rheumatism, kidney trouble, and special ailments are all due to poor blood, and are all cured by Dr. Williams' Pink Pills. You can get these pills from any medicine dealer, or by mail post paid at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams Medicine Co., Brockville, Ont.

The Opportunity of a Lifetime.

No one should miss visiting the greatest World's Fair ever held, now opened at St. Louis, Mo., and for solid comfort in travel the Grand Trunk route should be taken. Through sleeping cars and coaches direct to the World's Fair City via the Grand Trunk double-track route. Stop-over allowed at any point in Canada. Detroit, Port Huron and Chicago. All Grand Trunk agents will give full information.

During the present year the total amount of subscriptions to the three Masonic charities in London has reached the sum of nearly £89,000.

Every Minute Counts.

In these days of time-clocks in offices and factories, the clock at home must keep correct time. A few minutes late in the mornings will spoil your reputation for punctuality. We are showing a New Line of Clocks that will keep time with the Noon Day Gun, and the prices are very reasonable.

We make a specialty of Watch and Clock repairing.

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