

Health and Home Hints

Blueberries and Blackberries.

The blueberry and blackberry season has arrived, and baskets and crates of this delicious fruit are constantly being brought in by the sun-tanned berry-pickers. Each basket means a "feast fit for a king," and calls up visions of delightful rambles when, as a country girl, I searched for these berries on the green hillsides of New England pasture and came in with my little pail heaped full of the luscious berries, my cheeks ablaze, and my fingers stained a henna dye, fit for Eastern odalisque.

The flavor of antiquity rests on the blueberry. It was known to the Greeks and Romans. Blueberries were favorite dishes with some of the emperors; Vitellius Caesar in particular was fond of blueberry pie. The blueberry was largely cultivated in the gardens of the Middle Ages, especially by the monks, who usually knew what was good. Here are some excellent recipes for blueberries:

Baked Blueberry Pudding.—One cupful of butter, two of sugar, four of flour, one of sour milk, five eggs, one teaspoonful of saleratus, four cupfuls of berries. Beat the sugar and butter to a cream, then add the eggs, which have been well beaten, then the milk, in which the saleratus is dissolved, and lastly the berries. Bake one hour, and serve with a rich sauce.

Blueberry Cake.—Make a nice batter as you would for rolls, and add as much fruit as you like. Sweeten or not as you please, but molasses is better than sugar, bake a good while in moderate oven, either in a solid or in small cakes. Eaten hot with butter they are very nice.

The blackberry belongs to our native fruits and is highly prized as an edible. The blackberry and the raspberry are members of the same family, belonging to the natural order rosacea, and constituting the genus rubus. There are several species, those in Asia and Europe being as highly esteemed as the American ones. The fruit was sold in Athens, and Theophrastus makes mention of it. The peasants of Syria have used the fruit for centuries, so that it is no parvenu, but can justly claim an antiquity second to none.

The blackberry season occurs in the month of August and lasts sometimes till the middle of September. The fruit always finds a ready market, and thousands of country people principally boys and girls, add materially to their bank account by the prosecution of the business.

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World of Missions.

Missionary Notes.

A Protestant Missionary Association has been formed at Pretoria, Transvaal. It is composed of missionaries of Berlin, the Wesleyan-Methodist, the Dutch (Boer), the London, and the Swiss Romande Societies. The Anglican missionaries only decline to join the association. The organization of such a body for the sake of more effective work, is one more evidence of the essential unity of the evangelical demoninations.

The importance of Japan as a mission field consists in this, that now whatever moves Japan will also move China and Korea.

The Japanese War Department gave permission for distribution of Scriptures among the soldiers as they embarked for the seat of war. A special thin little water-covered edition of separate Gospels was prepared and given to the soldiers. To each officer a bound copy of the New Testament was given.

The Japanese government has insisted that interpreters hired for foreign war correspondents must be Christians. It wishes those who go with foreigners to the seat of war to be men who will not soil the Japanese name by dissolute lives. Japanese officials know the high moral influence of the teachings of Jesus Christ.

Christianity in Japan.

A missionary who has worked many years in Japan divides society in Japan into two classes, the educated and the uneducated. He says: "Up to this time educated Japan, almost to a man, has been agnostic. Officials, navals and military men, and the literary classes have stood rigidly aloof from the gospel, with a few exceptions. But there are not wanting indications that some of them are beginning to feel dissatisfied. If we turn our thoughts to the masses of Japan, we shall find much cause for expectant prayer. Professedly, most of them are Buddhists, really many of them have no very deep religious convictions. Buddhism is not in touch with modern thought in Japan. It is a message of despair. Buddhism might do for Japan so long as she was content to be the hermit nation, but those days are gone forever. She has broken with the past and her thoughts and aspirations centre on the future. She has felt the impact of Christianity. The living Christ is working in the Land of the Rising Sun, and the spirit of his teaching is, it may be slowly, nevertheless surely, permeating society throughout the land. Christ has risen in the new Japan in those new institutions which have given political freedom to millions; rising in the spirit which pervades the official word in Japan, where bribery is almost unknown; risen in the spirit of toleration, which freely allows the gospel to be preached everywhere; risen in the Red Cross Society; risen in the immensely improved condition of women. This is the spirit of Christ beginning to dominate ideals in Japan."

Blackberry Jam.—Take equal weights of blackberries and sugar, put the berries in a dish and cover with the sugar and let it stand over night. In the morning place in the kettle and boil two hours, skimming carefully, and put up in jars. Seal with noper.

A Lucky Woman.

How Good Health Came to Mrs. Deschene After Much Suffering.

Mrs. Abraham Deschense, wife of a well-known farmer at St. Leon le Grand, Que., considers herself a lucky woman. And she has good cause as the following interview will show: "I was badly run down and very nervous. Each day brought its share of household duties, but I was too weak to perform them. My nerves were in a terrible condition. I could not sleep and the least sound would startle me. I tried several medicines and tonic wines, but none of them helped me. In fact I was continually growing worse, and began to despair of ever being well again. One day a friend called to see me and strongly advised me to try Dr. Williams Pink Pills. I decided to do so and it was not long before they began to help me. I gained in strength from day to day; my nerves became strong and quiet, and after using about a half dozen boxes of the pills I was fully restored to my old time health and cheerfulness. I now thank Dr. Williams Pink Pills an ideal medicine for weak women."

Dr. Williams Pink Pills feed the nerves with new rich blood, thus strengthening and soothing them, and curing such nerve troubles as neuralgia, St. Vitus dance, partial paralysis and locomotor ataxia. These pills cure also all troubles due to poor and watery blood including the special ailments of women. Get the genuine with the full name, "Dr. Williams Pink Pills for Pale People" on the wrapper around each box. Sold by medicine dealers or by mail at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

Blackberry Shortcake. Mix into one-half pound self-raising flour one-half pound of butter or lard. Add by degrees about one-half pint of cold boiled milk. Mix all up with a knife and as quickly as possible. Turn the paste on to a floured board or table, dredge the paste with flour, roll it out to the thinness of an inch, and cut it into circular pieces, the size of a large tea-plate. This may be done by laying a plate over the paste and cutting round it. Lay the cake on a floured baking-tin and bake until done, about half an hour. When done slip a knife around the edge and separate the case in two by pulling it apart, cutting it with a knife would make the cake heavy. Spread on one-half quart of ripe blackberries, crushed or not as wished. Sprinkle over the fruit plenty of powdered sugar, lay on the top cover and spread a layer of berries on it. Serve with cream on the top.

The Belgian Government has at last consented to let teachers from Uganda and Toro work in the Congo Free State.

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