

MISS BULL RECOVERS

FEARFUL DECLINE OF STRENGTH COMPLETELY ARRESTED.

Medical Skill Had Almost Exhausted Itself in Vain Attempts to Relieve Her—A Remarkable Result.

The recovery of Miss Gertrude L. Bull is of great interest to the medical world. A very bad cough followed a severe attack of pneumonia. It seemed impossible to break it up or to restore her strength, which had been sadly undermined. In spite of the best efforts of the doctors and the use of several advertised modes of treatment her condition daily grew more serious. She finally discontinued all medicine and gave herself up to despair.

"What was your condition at this time?" she was asked.

"My stomach was so weak I could not keep food down. I suffered from constant nausea. My kidneys were in terrible condition. My feet and ankles were swollen so badly that it pained me even to stand on them. I was very bilious. My heart was in bad shape so I could not go up and down stairs or stand any exertion or sleep in a natural position."

"It seems a wonder that you should ever have recovered. How did it happen?"

"You may well call it a marvel, but Dr. Williams' Pink Pills wrought it. None of my friends thought I could live many months longer. My parents had no hope. Just then a pamphlet advertising Dr. Williams' Pink Pills for Pale People was thrown in our door. It was a great event for me. These pills saved me from the grave. Within a week from the time I began to take them I felt better, and in three months I was entirely well. I cannot praise Dr. Williams' Pink Pills too highly and I dearly hope that my experience may bring good to some other sufferers."

Miss Bull, who was so remarkably cured, resides at Union Grove, Illinois. Dr. Williams' Pink Pills act immediately on the blood, purifying and enriching it. In all debilitating diseases, such as lung troubles, grip, fevers, and in all cases in which the system is thoroughly run down, these pills perform wonders. They are sold by all druggists throughout the world. A valuable booklet on diseases of the blood, will be sent free to any one who applies for it to Dr. Williams Medicine Co., Schenectady, N. Y.

Denmark's Honey Exports.
Denmark exports 2,500,000 pounds of honey a year.

RESTORED HIS HAIR
Scalp Humor Cured by Cuticura Soap and Ointment—After All Else Had Failed.

"I was troubled with a severe scalp humor and loss of hair that gave me a great deal of annoyance and inconvenience. After unsuccessful efforts with many remedies and so-called hair tonics, a friend induced me to try Cuticura Soap and Ointment. The humor was cured in a short time, my hair was restored as healthy as ever, and I can gladly say I have since been entirely free from any further annoyance. I shall always use Cuticura Soap, and I keep the Ointment on hand to use as a dressing for the hair and scalp. (Signed) Fred K. Busche, 213 East 57th St., New York City."

Three million song birds are killed each year for the purpose of adorning women's hats with their plumage.

TO CURE A COLD IN ONE DAY
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Don't fail to lay up something for a rainy day, even if it's nothing more than a borrowed umbrella.

Write Eugene Moore, 210 Odd Fellows' Bldg., St. Louis, Mo., for full information of 288,000 acre plantation. Stock for sale. Easiest payments, 8% dividends guaranteed. Active Managers and Agents wanted.

Don't imagine that women really mean it when they kiss each other. They do it to keep in practice.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1901.

Don't tell your children how very good you were when you were young. They may doubt your veracity.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE 60.00 trial bottle and treatise. Dr. R. H. Kline, 163 Arch Street, Philadelphia, Pa.

Silence may be golden, but money often talks in silvery tones.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

If a man never takes the first drink he'll never fill a drunkard's grave.

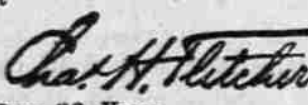
Mrs. J. H. Giles, Everett, Pa. Suffered years with kidney and gravel trouble. Cured by Dr. David Kennedy's Favorite Remedy, Rondout, N. Y. \$1.00.

Don't use a gallon of words to express a teaspoonful of thought.

More Flexible and Lasting.
won't shake out or blow out; by using Defiance Starch you obtain better results than possible with any other brand and one-third more for same money.

If you reach a green old age beware of the bunko steerer.

Important to Mothers.
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of  J. C. Watson
In Use For 30 Years.
The Kind You Have Always Bought.

Don't carry a half-open umbrella in a crowd; either put up or shut up.

LEGISLATURE of NEBRASKA

A Synopsis of Proceedings of the Twenty-Ninth General Session.

HOUSE—The house, on the 21st, recommended these measures for passage: House roll No. 328, for the relief of Russell F. Loomis. House roll No. 305, providing for state construction, ownership, control and repair of all bridges 500 feet or more in length on or as part of a public. House roll No. 309, for the submission of a constitutional amendment providing for the safe investment of the permanent school fund. The bill introduced by Foster for a constitutional amendment allowing cities of 5,000 or more to make their own charters by and with the consent of the legislature—house roll No. 308—was recommended for indefinite postponement. The "independent telephone bill"—house roll No. 182—by Fishback of Clay, was recommended for passage after a lively discussion. The bill is designed to give the independent companies the use of the Omaha property of the Nebraska Bell Telephone company for the delivery of long distance messages from independent subscribers outside of Omaha to Bell subscribers in Omaha, for which service the Bell company is to receive 10 cents per message. House roll No. 351, by Warner, to compel railroad companies either to furnish sites on their rights-of-way to independent elevators or else to build switches and sidetracks thereto where the elevator has a minimum capacity of 15,000 bushels, was recommended for passage without opposition manifesting itself.

HOUSE—The house passed a motion on the 22nd to hold night sessions the remainder of the week and a session Saturday, by a vote of 48 to 32. Bills were passed as follows: Raising the salary of the county physician of Sage county. Abolishing the Soldiers' Home visiting board. Defining ways in which the American flag may be used as an emblem. To remit all taxes due the state from Hamilton county prior to 1891, when the county court house was destroyed by fire and all records thereby wiped out. To prohibit children under 15 years of age from carrying firearms. Amending the law fixing the time of holding annual school meetings. To enable Ruth Ahery to sue school district No. 23 of Douglas county for personal injuries.

SENATE—The anti-Christian Science bill passed the senate on the 22nd by a vote of 17 to 13. The doctors in the legislature make no secret of the fact that Governor Mickey will sign the bill and entertain no fears of executive disapproval. Senate file No. 276, by Guild, was passed. This bill requires stock to be unloaded in the South Omaha yards within an hour and a half after its arrival. Senator Gilligan moved that the sifting committee take charge of the general file of the senate at 12 o'clock Thursday. This motion carried after several motions were made to delay the time of the renovating process. This means that all bills must run the gauntlet of the sifting committee, as well as the committee of the whole. The following bills were passed: House roll No. 62, appropriating \$10,000 for a stock pavilion at the state fair grounds; house roll No. 165, the anti-Christian Science bill; house roll No. 173, appropriating \$100 in each county for farmers' institutes; house roll No. 217, regulating the payment of outstanding indebtedness in road districts; house roll No. 192, regulating the liability of officials; house roll No. 193, protecting state deposits in banks; house roll No. 195, allowing surety companies to go on liquor bonds; house roll No. 200, prohibiting a breach of trust in printers' contracts; senate file No. 241, regulating tax sales; senate file No. 178, defining property exempt from taxation; senate file No. 215, regulating the redemption of property sold at tax sales; senate file No. 281, providing for annual reports of insurance companies. Senate file No. 221, a bill raising the standards for county superintendents, was recommended for passage. Under the provisions of the bill county superintendents must be able to secure a first grade certificate. An appropriation of \$32,000 was voted for the Peru normal.

HOUSE—The house met on the 23d with Speaker Rouse in the chair. House roll No. 328, for the relief of Russell F. Loomis, passed. House roll No. 228, a Lincoln charter bill prepared by City Attorney Stroe; passed with the emergency clause. House roll No. 282, by Hill of Hitchcock, to fix the minimum number of trains and regulate speed on railroads, was amended so as to strike out the regulation of running time, and was then recommended for passage. House roll No. 378, a joint resolution by Windham of Cass, for the calling of a constitutional convention, was recommended for passage. In committee of the whole, with Clarke in the chair, the following measures were recommended for passage: House roll No. 352, a compulsory school measure; house roll No. 272, providing for an open season for trout from June 1 to October 31; house roll No. 307, preventing the killing of insectivorous birds; house roll No. 345, to consolidate the office of county and city treasurer of Omaha; house roll No. 297, by Dodge, for a constitutional amendment creating an elective railroad commission of three members and to define its powers and duties,

was warmly advocated by its introducer in an extended speech. A committee amendment was adopted, leaving the salaries of the commissioners to be fixed by the legislature instead of fixing the amount at \$2,500. Another committee amendment was adopted providing that the three commissioners shall be elected in 1906, at the time the amendment is submitted, and that every vote for any candidate for commissioner shall be counted as a vote for the amendment. The bill was recommended for passage.

SENATE—By a vote of 18 to 19, H. R. 49, providing for the establishment of a binding twine plant at the state penitentiary was recommended for passage by the senate in the committee of the whole, on the 23rd. That it will pass the senate there is not the slightest doubt, though it is not known that the measure will receive executive approval. Gibson of Douglas county made an effort which was successful in causing the indefinite postponement of H. R. 168, to license commission merchants and compel them to give a bond. The Sheldon telephone bill as amended was reported for general file. These bills were passed: H. R. 135—Appropriating \$32,000 for the Peru normal school for a library. H. R. 106—Allowing insurance companies to consolidate with the consent of the auditor. H. R. 169—Giving the right of eminent domain to the State university. H. R. 163—Allowing the sale of penitentiary lands. H. R. 243—To abolish the soldiers' home visiting board, was recommended for passage. S. F. 27—Allowing the governor to appoint a member of the legislature to fill a vacancy during the session, was recommended for passage. Senator Giffin attempted to amend the house irrigation bill, H. R. 271, so as to give to the irrigation districts of the west the right of eminent domain, but the attempt failed.

HOUSE—These bills were passed on the 24th: Enabling the State Printing board to buy supplies in case of emergency not exceeding in cost \$100 for any department, without observing the formal routine process. Fixing the salary of county clerks in counties of from 18,000 to 25,000 population at \$1,500 a year. Making the county assessor of Douglas county ex-officio tax commissioner of Omaha. Defining the powers of county boards H. R. 182, by Fishback of Clay—To compel the Nebraska Telephone company to afford connections at the limits of any city where it operates the only exchange to a new concern that may construct its lines up to the boundaries of such city. Empowering county treasurers to collect personal taxes against a decreased debtor by making themselves administrators of the estate. Providing a schedule of fees to be paid the state by corporations for services rendered by the secretary of state. Providing for state ownership, control, construction and repair of all bridges 500 feet or more long located on or as part of public roads. Making the sheriff in all counties responsible for the fees of his office. To put sheriffs on a salary instead of fee basis. A bill to compel railroads to grant equal shipping and terminal facilities to all elevators. In committee of the whole the house recommended for passage these measures: H. R. 413, by the committee on federal relations—Appropriating \$2,000 for a silver set for the Nebraska battleship. H. R. 359, by Bartoo of Valley—To relieve persons from paying for papers and magazines for which they do not subscribe. H. R. 408, by Copey of Custer—Prohibiting the use of slot machines and imposing a penalty of from one to three years in the penitentiary.

SENATE—In the senate on the 24th these bills were passed: H. R. 214—To protect union labor labels. H. R. 271—Restricting the indebtedness of irrigation districts. H. R. 224—Re-enacts the drainage law. S. F. 243, to abolish the old soldier's visiting board, was passed. H. R. 49, the bill to establish the binding twine plant, was passed by a vote of 18 to 11. The senate defeated the anti-pass bill, the last of the kind before the legislature. It was indefinitely postponed by 15 to 14. H. R. 20, appropriating \$60,000 for the rebuilding of the west wing of the Norfolk asylum and cottages, and beautifying the grounds, was amended to appropriate \$35,000 and passed. H. R. 211, providing a manner of appeal to the supreme court, was passed. The senate recommended for passage the salary bill; H. R. 250, with few changes, which were as follows: Clerk in the office of the labor commissioner, increased from \$1,000 to \$1,200 a year. Draughtsman in the land commissioner's office, increased from \$1,300 to \$1,500 a year. Bookkeepers in the land commissioner's office, reduced from \$1,500 to \$1,200 a year. Deputy game warden, increased from \$1,200 to \$1,500 a year. Three stenographers to the supreme court, increased from \$900 to \$1,000 a year. Salary of assistant physician at the Norfolk asylum, decreased from \$1,500 to \$1,200 a year. Salary of surgeon at the Grand Island Soldiers Home, increased from \$1,000 to \$1,200 a year. All of the amendments were recommended by the finance committee and after half of the bill had been gone over it was adopted without further discussion.

A SAVINGS BANK.

Are you acquainted with a good Savings Bank and do you understand how one would benefit you?

The City Savings Bank is most carefully governed by state law and is regularly examined by state officers. Its investments are limited to first mortgages against real estate, bonds, warrants or securities of known marketable value and is absolutely safe. It accepts deposits of any size from any person, the small savings of the children, the savings of the housewife or the accumulations of the business man or investor and makes it possible to build up an account until such time as the result may be sufficient for an investment or purchase. All deposits draw 4 per cent interest.

If you are interested in acquiring such information, cut this article out and mail it direct to us and we will promptly forward a package of needles or some testimonial of our appreciation with full information as to our facilities.

Address, City Savings Bank, 201 S. 16th St., Omaha, Nebraska.

Home of Wild Animals.

Very rich in remarkable wild animals are the mountains and remote corners of Alaska and British Columbia. They have produced the huge Kodiak bear, the largest in the world; the largest moose known, the sea otter and the Alaskan mountain sheep. What is thought to be a new species of bear has also been discovered there. It is an inland white bear, not an albino of the common black or brown bear, but apparently a true species.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

The Associated Press.

The wires of the Associated Press, that great organization for gathering and spreading the news of the world, form a network across the continent from St. John, N. B., to Seattle, Wash., and from Duluth, Minn., to New Orleans, Galveston, and the City of Mexico. The news it gathers during twenty-four hours, from every part of the world, amounts to thirty-five columns of a newspaper of average size. Seven hundred papers use this service. Melville E. Stone, the vice president and manager of the Associated Press, has written of the organization aims, and workings of the association; and the story will run through several issues of The Century. The April number will tell of its operations in Europe, and how its present efficiency was brought about. The present satisfactory conditions abroad were gained only through considerable diplomacy and through Mr. Stone's personal presentation of the matter to the Pope, the President of France, the Emperor of Germany, and the King of Italy.

The March Pearson's.

Aside from its usual assortment of bright short stories, the March number of Pearson's Magazine includes eight special articles, four of which are particularly timely.

The most important of these is "The Poisons We Eat in Foods," by Dr. H. W. Wiley, Chief of the Department of Chemistry, U. S. Bureau of Agriculture. In this article Dr. Wiley tells the results of the experiments carried on up to date with his famous volunteer "poison squad," the Government employees who are submitting to a diet of adulterated foods to enable science to determine the deleterious effects on the human system. "Galveston, the City Reclaimed," tells of the wonderful engineering feat which in four brief years has enabled the flood-ridden city to rise from wreck and ruin to a model town of beauty and municipal reform. "McClusky, New York's ex-Chief of Detectives," tells of the stirring incidents in the career of George McClusky, the pupil and successor of the famous Inspector Byrnes.

The March "Arena" (Trenton, N. J.) contains an extremely interesting study of the dramas and social ideals of the great German author, Gerhart Hauptmann. This critique is from the pen of Professor Archibald Henderson and is the second in the "Arena's" series of papers treating of the great modern dramatists, their work and their ideals. This issue also contains a highly interesting pen-picture of a radical meeting recently held in Paris, reported for "The Arena" by its commissioner, Mrs. Frances Hardin Hess, it being the first of a series of contributions which are to be furnished from time to time, describing leading, social, political, literary and artistic events in the French capital. Mrs. Hess' paper is illustrated with a portrait of M. Jaures and also with half-tone portraits of M. Anatole France and the well known French journalist, M. de Pressensac.

Immense Crab.

The biggest crab has been caught in the North sea. It measured 2 feet 7 inches across, and had claws to correspond.

HEALTH CAMP FOR CONSUMPTIVES

Worthy Enterprise Established in Southern California—So Arranged That Patients May Be Self-Supporting.

A New York paper publishes an account of a successful effort recently made by Mr. N. O. Nelson, in Southern California, to provide for the poorer classes. Mr. Nelson has established at Indio, in Southern California, what he calls a health camp for consumptives. We quote the following description of this worthy enterprise with the hope that it may encourage others to do likewise; for certainly no more beneficent work can be undertaken by anyone:

"The camp is located in a desert valley, cut off from the ocean by the mountains. There is no rain, no fog, no clouds. The winter days are all warm, the nights comparatively cold.

"The camp was established in December, 1902, to provide in part for the large number of consumptives and other invalids who go to Southern California. Most of the invalids have little means; they can not afford expensive sanitariums, and are not wanted by hotels and boarding houses.

"To meet the requirements of such patients, Mr. Nelson bought one hundred and twenty-five acres of land adjoining the Indio depot. This tract he has improved by sinking artesian wells, and by putting most of the land under cultivation, in order to give convalescents something to do.

"Tents, with all necessary equipment for sleeping and taking meals, have been set up. Land and water are free to those who have their own outfit. A small rental for tents is made to those who can not pay, and where necessary, board is given them. All expenses need not be more than from \$2.50 to \$4.00 a week.

"Work is provided for those who are able to do it, so that their care does not become a burden on the camp.

"The camp is situated in the midst of a sandy valley one hundred miles long and three to ten miles wide. The mountains on each side rise by degrees to four thousand and five thousand feet high. In some places in the foothills there are springs and vegetation.

"In the valleys most of the land has been taken up in the past few years. The crops of melons and vegetables are early and bring high prices. From \$100 to \$200 an acre is an ordinary yield. Alfalfa hay is cut ten times a year, giving twelve to fifteen tons an acre.

"When the campers get well enough to work, they buy or lease a few acres. They can either buy the land on the instalment plan, or lease it on shares for such length of time as desired."

Alcohol and Tuberculosis.

Dr. S. A. Knopf, the eminent New York physician who has given a great deal of attention to the subject of tuberculosis, took occasion not long since in a scientific paper to condemn the popular notion that alcohol is a remedy for consumption. He says:

"There is an idea that alcohol is a remedy or even a specific remedy for consumption. There has never been a greater mistake made. Alcohol has never cured and never will cure tuberculosis. It will either prevent or retard recovery. It is like a two-edged weapon; on one side it poisons the system, and on the other side it ruins the stomach and thus prevents this organ from properly digesting the necessary food. Truly pathetic are the results of this erroneous doctrine in the families of the poor, where, instead of procuring good nourishment for the invalid, liquor has been bought in far too large quantities, so that often there was not enough money left for food for the sufferer nor for the other members of the family."

Predisposition to Tuberculosis.

The abnormal fear of tuberculosis which haunts so many minds is bred of ignorance. The awful results of the "white terror" have impressed themselves upon all, but as with the aborigine, when he first encountered the gun-bearing explorer, the reason why is hidden. The native heard the gun speak and saw his brother fall. The sudden death terrified him. He did not stop to inquire the cause. He fled in abject fear.

To-day the ravages of tuberculosis are stupendous. Are you inquiring into the why, or are you trembling lest it seize you? Are you trying to dodge an inscrutable foe, or are you studying to give intelligent battle? The tenement dweller says, "I can not escape the plague, I will await my turn." The son or brother of a consumptive says: "It is in the family, I must suffer the same death." The weakened victim of intemperance or neglect of vital laws says: "My constitution is wrecked—I am no match for this relentless foe."

Dr. Knopf asks and answers the following pertinent query: "Who are the individuals who must be particularly careful so as not to be attacked by the almost ever present tubercle bacillus."

"There are four classes: First, those who have a hereditary predisposition to consumption; secondly, those who have weakened their system and thus predisposed themselves to consumption by the intemperate use of alcoholic beverages; by a dissipated life, by excesses of all kinds, etc.; thirdly, those whose constitution has been weakened through disease; fourthly, those whose occupations, trades or professions, such as printing, hat making, tailoring, weaving, and all occu-

pations where the worker is much exposed to the inhalation of various kinds of dust, have rendered them particularly liable to consumption."

Let every one take courage and live above tuberculosis. If you are already suffering from it strive to rise above it. Avoid alcoholic beverages, condiments, pastries, tea and coffee. Live out of doors, provide fresh air for your bed room, study the laws of your body and return to the natural way of living.

Food for Brain Workers.

Mental work requires much less food than does physical labor. Recent careful experiments which have been made, show that men engaged in active mental labor and abstaining from muscular exertion, require practically no more food than men at rest. This is a fact of very great importance for students, ministers, and other professional men whose occupation does not require any considerable amount of effort, since the taxing of food in excess of that which is required results in the filling of the blood with poisons, and in consequence crowding of the tissues with tissue wastes and poisonous matters which interfere with all the bodily functions, and especially with the functions of the brain and nerves. Mental activity is clouded, sleep may be prevented, and all the effects of nervous exhaustion produced by a comparatively slight expenditure of energy, giving rise to languor, sometimes depression, and at other times irritability, confusion, and indecision of mind, even moroseness and melancholy.

That Tired Feeling.

The condition of lethargy produced by excessive eating or habitual drunkenness must be distinguished from fatigue due to work. Persons in this condition often decline to exercise because they "feel so tired." This state of lassitude and enervation cannot be overcome by rest. Carefully graduated exercises and regulation of the dietary are the proper remedies. There are many chronic invalids whose sufferings and disability are wholly due to this cause, and who may be readily restored to usefulness by a spare and simple dietary combined with outdoor exercises, gradually increased in vigor and duration as the strength improves.

Water Purification.

A physician connected with the United States Agricultural department has called attention to the fact that an extremely small quantity of sulphate of copper will prevent the growth of algae in lakes, ponds and storage reservoirs, and will destroy typhoid and cholera germs. The question at once arises whether this method can be considered thoroughly hygienic. The probability is that the small amount of copper thus employed would be neutralized by combining with vegetable substances so that the water will be left practically pure; nevertheless, the addition of chemical substances to water cannot be considered the most desirable method of purification. Boiling and filtering through a Pasteur filter are really the best methods. Filters are cheap, and boiling is an easy and simple process. The old-fashioned charcoal and gravel filters cannot be relied upon.

Warning Against Tight Corsets.

Nature abhors a vacuum. There is no unoccupied space in the body; and to render any part of it smaller than nature designed, is to cause the organs occupying that part to diminish in size, or to crowd together, one upon another. In either case, nature's processes are sadly interrupted.—C. E. Hastings, M. D.

SOME SIMPLE DISHES.

Breakfast Toast—Cut rather thin slices of bread into two or three pieces. Put these into the oven and let them bake very slowly for two or three hours, or until of a golden color and crisp throughout. This is an excellent substitute for breads and much more wholesome. It is delicious served with cocoanut or dairy cream or butter.

Cocoanut Cream—Cut fresh cocoanut into thin slices and grind the nut very fine in a chopper or some strong hand mill. If nothing of this sort is available, the cocoanut may be grated. To each cup of the prepared nut add one cup of hot water, stirring and beating with a spoon to extract as much of the juice as possible. Drain off the liquid and add a similar quantity of hot water, and, after beating again very thoroughly, strain through a cloth or very fine sieve, pressing out all the liquid possible. This may be used at once as a substitute for milk, to be eaten with rice or other grains, or to prepare puddings or sauces. It is excellent served with granose flakes or eaten with zwieback. If placed on the ice for a few hours, the cream will rise to the top and may be taken off, making a pure cocoanut butter.

Strawberry Egg-nog—Beat the yolk and white of one egg separately, and to each add one teaspoonful of sugar. To the yolk add one teaspoonful of lemon juice and two tablespoonfuls of strawberry juice. Stir in the white, leaving enough to serve as a meringue for the top.