

## Health and Home Hints

**Cucumbers on Toast.**—Cut off the peel from large cucumbers, trim the ends evenly, and make the cucumbers smooth and of uniform shape. Cut them through the middle, lengthwise, and carefully, scoop out the part containing the seeds. If the seeds are large, pick them out, and put the cucumber pulp with the following ingredients: use equal parts of ripe tomato, free from juice and seeds, and fresh bread crumbs and half the amount of green peppers. Chop fine and mix thoroughly; add melted butter to moisten and a little salt. Pack the mixture in the cucumbers, rounding it up slightly. Arrange them in a granite pan, well buttered, and a little boiling water, and bake in a hot oven until the cucumber is tender. Have ready some long pieces of bread cut to fit the cucumbers, dip them in beaten egg diluted with milk and slightly salted (one cup of milk to one egg), and brown them delicately in hot butter. Take up the cucumbers with a long knife say one on each piece of toast, and serve very hot.

**Lemon Cookies.**—Take two cups of sugar, one cup of butter, the juice of one lemon and grated rind, three eggs well beaten. After all the ingredients are thoroughly beaten add a scant teaspoonful of soda dissolved in half cup of milk. Use enough flour to make a stiff dough. Roll out and cut into hearts and diamonds. Bake a light brown.

### Rules for the Bath Room.

1. Open the window, top and bottom.
2. Take out all soiled towels, wash-clothes and linens.
3. Take out the rug, if there must be a rug, and leave it in the air awhile after shaking.
4. Run hot water into the bathtub with a dash of ammonia or soda or plain soap, and scrub well—ends, sides and bottom. Rinse well with hot and cold water and wipe dry.
5. Wash soap dishes, mugs, slab, faucets bowl, and closet with soapy water, and wipe dry.
7. Wring a housecloth as dry as possible and lightly wipe over the closet seat and lid and all woodwork and walls, and, last of all, the floor.

It sounds long to listen to, but it is short and quick work to do. Fifteen minutes means a fresh, bright-looking room that can honestly call itself "clean," till the next day.

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## World of Missions.

### Notes From India.

At the last meeting of the Ladies' Council in India the following arrangement was made in view of the return of the Missionaries now at home. Dr. Marion Oliver, who has been at home since 1921, is on her return to the field to take charge of the Medical work among women at Ujjain. She was formerly in the Hospital at Indore. Miss Thompson is to take up the work of training nurses in the Hospital at Indore. This was the work she at first on going to India carried on; but gave up latterly when she moved to Neemuch to take care of the Widows' Home.

Miss Sinclair is to take charge of the Girls' Schools in Indore. She formerly had charge of the Boarding School for Girls at Indore; but this is to remain in the hands of Miss Duncan, who has charge for the past two years. Dr. Chone Oliver is to go back to Neemuch to take charge of the Medical work among women there.

Word has just come to hand that Rev. George McKelvie died very suddenly at Mhow Central India, where he has for a short time been acting as Chaplain to the troops. He left the Presbyterian Mission in 1891 after about two years service and has been serving as Chaplain in connection with the Church of Scotland in various places. He married a Miss Stockbridge, whose mother still lives in Mhow. He had an operation for abscess of the Liver and sank gradually after it. All who knew them will sympathize with the widow and four children who have thus lost the head of the home.

Several cases of the Plague have broken out in both Indore and Rutlam but so far they have not occasioned much alarm.

Dr. Margaret McKellar is at present over with her sisters in Michigan and has so far recovered that she expects to begin addressing meetings shortly. Her long rest in Britain seems to have broken the fever that so long refused to submit to any treatment. It is to be hoped she will not attempt more than her strength will stand. She is in great demand, as she has such an interesting story to tell of the Famine and Plague, in which she did so much, and of which she is the best authority in the Mission. If however she is to return to India again, she will need to conserve her strength now.

A remarkable Parliament of Religions was held one day in May, at Tokio, Japan. It was a great meeting addressed by Shintoists, Buddhists, and Greek Protestant Christians, and illustrated forcibly the fact that the formal resolutions were adopted to set forth, namely that Japan in fighting Russia is not warring against Christianity. The meeting declared Japan's aim in making war to be the attainment of justice, fair play, and permanent peace.

A bit of missionary life in Tsuchizra Japan: "Imagine me" says the missionary "sitting on the floor, with a little table three feet square and one foot high, and a little charcoal fire with an oven on it, on one side. I was giving a cooking lesson to six Japanese ladies. The lesson was on stuffing and baking mackerel and on making sponge cake. After the lesson in cooking came a Bible lesson. What was the missionary's reward? Three of the women of the cooking class have already become Christians.

## Tired and Depressed.

### The Condition of Many Young Women in Shops and Offices.

Thousands of young women have to depend upon their own efforts to gain a livelihood, and to these, whether behind the counter, in the office, the factory or the home, work means close confinement—often in badly ventilated rooms. There is a strain on the nerves; the blood becomes impoverished; the cheeks pale; there are frequent headaches; palpitation of the heart and a constant tiredness. If the first symptoms are neglected it may lead to a complete breakdown—perhaps consumption. What is needed to restore vim and energy and vitality is a tonic, and absolutely the best tonic in the world is Dr. Williams' Pink Pills. They actually make new blood, and bring health and cheerful energy to tired and depressed girls and women. Miss Viola Millett, Robinson's Corners, N.S., says: "I was a great sufferer from headaches, heart palpitation and troubles that afflict my sex. My blood seemed almost to have turned to water, and the least exertion left me weak and depressed. I used seven boxes of Dr. Williams' Pink Pills and they have made a remarkable change in my condition. I can truly say that I feel like a new person, and I strongly recommend these pills to all weak, ailing girls."

These pills cure all forms of blood and nerve troubles, but you must get the genuine with the full name Dr. Williams' Pink Pills for Pale People on the wrapper around each box. Ask your druggist for them or you can get them by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams Medicine Co., Brockville, Ont.

**Fall Cleaning Pudding.** One of the quickest made puddings, when the cook is busy is the following, as it can be prepared in a few minutes. One egg, flour and milk, a small dessertspoonful of sugar, a pinch of salt, a small teaspoonful each of cream of tartar and baking soda. Mix the cream of tartar, sugar, salt and flour together, add the egg, dissolve the soda in a teaspoonful of milk, add, beat up for five minutes, rub a frying pan or griddle with a clean muslin rag in which a small bit of butter or dripping has been tied, pour the mixture in, and when brown on one side, turn and do on the other. Spread with jam and serve hot.

The work is one—to show Jesus Christ to men. The field is one—the world for which Jesus Christ died. The glory is one—His who teaches our hands to work for Him.

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