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## OF INTEREST TO WOMEN.

### SOME PICKLES.

#### Dill Pickles.

To make brine, boil two gallons of water and one pound of coarse salt. Select medium sized cucumbers, wash and wipe carefully. Have ready a jar or stone crock that will hold at least three gallons, and place alternately a layer of cucumbers and one of grape leaves with a bunch of dill on the stalk, until the crock is full. Cover top with cabbage leaves, and on the very top put a large plate and add a clean stone as a heavy weight. Fill up with brine and let stand. The cucumbers will be ready for use in two weeks.

#### Sweet Pickles.

Let cucumbers stand in salt brine three days. Rinse well. Put in a cheesecloth bag one-half teacupful of whole English mustard seed, two tablespoonsful each of whole allspice, cloves and black pepper, one-half teacupful of cinnamon sticks, and boil with a little vinegar. Measure sufficient vinegar to cover the cucumbers well. Add a pound of brown sugar, scald and pour over pickles, repeating for five consecutive days. Before sealing pour a little molasses over the pickles.

### PRESERVING PLUMS.

#### Damson Jelly.

Pick over, wash and drain damsons. Prick each several times with a fork. Put in kettle with sufficient water to keep from burning and boil for twenty minutes. Strain through jelly bag.

Allow one cup of sugar to one cup of plum juice and boil thirty minutes.

#### Plum Butter.

Prick plums with coarse needle. To each pound of plums allow one pound of sugar and one-half cup of water. Melt the sugar in water, let boil and

then add plums, a few at a time. Boil mixture for one hour. Place in small jars and seal.

#### Plum Preserves.

Halve and stone plums. Allow one pound of sugar and a cupful of water to each pound of fruit. Boil sugar and water ten minutes; add plums, skim several times and boil until thick.

#### Canned Plums.

To each pound of plums allow one-

half pound of sugar. Wash and drain plums. Moisten sugar with water and place over fire in a preserving kettle. When boiling add the fruit, setting the kettle on the back of the stove, where the plums will get heated through and juice commence to run before boiling. Remove scum as it rises. As soon as mixture boils up once, take from the stove and put in sterilized jars immediately. Handle carefully, so that the plums retain their original form as much as possible. Seal tight.

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Are you liable to be selected for service under the Military Service Act?

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Medical Boards are now being established throughout Canada. These Boards will examine, free of charge and obligation, all men who wish to be examined as to their physical fitness for military service. They will tell you in a very short time whether your physical condition absolves you from the call or makes you liable for selection.

It is important that you obtain this information as soon as possible. A certificate of unfitness from a Medical Board will secure for you freedom from responsibility under the Military Service Act from any Exemption Tribunal. A certificate of fitness will not preclude an appeal for exemption on any ground.

In order that you may be able to plan your future with certainty, visit a Medical Board as soon as possible and find out if you are liable to be selected. Your family and your employer are interested as well as yourself.

Issued by  
The Military Service Council.