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## CASTORIA

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### OF INTEREST TO WOMEN

IN DEFENSE OF CROPPED HEADS

According to some physicians shoring oneself of one's crown of glory is a long step towards good health all over. Not only does the hair benefit by cutting, but the whole system as well.

Perhaps you have noticed how profusely the hair perspires during summer. And the heavier and the longer the hair, the more excessive the perspiration. Excessive perspiration is a drain on the whole system. And since hair seems to be the reason of it in most cases, logically the system would be benefited by less of it.

Another thing to consider under the new order of things is the inconvenience of long hair when one is doing a man's job. There's something for the elevator girl and the conductorette and the munition worker to think about. Of course not every type of girl will find the hair-cut vastly becoming. Yet given three or four inches of hair which the bob allows any woman can twist it into becomingness. So you see the bob has a hygienic value.

#### PLUM BUTTER

Wash the plums and place them in a preserving kettle with water enough barely to cover, and cook until soft. Then put them through a colander or coarse wire sieve to remove the seeds and skins, and to each measure of pulp add three-fourths measure of sugar and cook slowly with frequent stirring until the butter is as thick as desired. Various sirups can be substituted in whole or in part for sugar. This amount of sugar makes a fairly sweet product, and if a more tart butter is desired the amount of sugar should be reduced. Cinnamon, allspice and cloves may be added according to taste. Plum butter should be packed hot in sterilized jars or glasses and then be sterilized like apple butter.

#### PEACH BUTTER

Put the peaches in a wire basket and dip in boiling water a few seconds until the skin slips — test by raising peaches out of water and rubbing the skin with fingers, then dip into cold water and peel and pit the fruit. Well-ripened freestone varieties are best. Mash the pulp and cook in its own juice without adding water. If it is rather coarse put it through a colander or coarse wire sieve to make a butter of fine texture. To each measure of pulp add one-half measure of sugar and cook slowly and stir frequently until the product is of the desired thickness. Various sirups can be substituted in whole or in part for sugar. The meats of several pits may be cooked either whole or sliced in each gallon of butter. While still hot pack in sterilized jars or glasses with tight-fitting tops and sterilize like apple butter, or cover with hot paraffin.

### KIND OF HARD ON THE COOLIES

Well, we're way back back in the support position resting up from our big raid and sort of taking a general invoice of things and seeing how we stack up. I'd say off hand that it was about 98 per cent good, but after a fello has gone through one of those real raids he sort of wants to just lay around for a while and have stuff brought to him.

For one thing we all got a complete new outfit of clothes because fighting around and going through barbed wire and scrapping in mudd trenches ain't so awful good on your uniform and some of the Buddies didn't have much on after it was all over but just torn pants. I guess there ain't nothing in the world makes a fello who is tired and kind of dirty and mussy feel so good as a complete change of clothing.

It's kind of hard on the friendly little coolies who been your pals for quite awhile, but they got to take their chances in this war just the same as everybody else.

"Bless you all, my children," Sandy Splits said when he dumped his clothes in a pile and then jumped away from them and run so that none of his old pets could follow him. "This is an awful sad parting, but its got to be. I'm never going to see any of you again."

But Sandy was just spoofing himself. That very night while we was standing in line waiting for mess we seen Sandy reach down and begin scratching his leg and we knew that Sandy wasn't alone in this cold, cold world yet—not by a few hundred of his old pals.

Sandy didn't say nothing though, but the next day Sandy went A. W. O. L. all afternoon. Being absent without leave ain't no kid joke in war time and so late last night when Sandy got back Corporal Jake Wart was waiting for him.

"Where have you been all day, young man?" this Wart demanded.

"I was out attending the funeral of some old friends," Sandy answered.

"None of your smart stuff," Wart

### CHINA'S NEW PRESIDENT

Pekin, Thursday, Oct. 10—Hsu Shi Chang was inaugurated president today in the presence of members of the Cabinet and of the parliament. A reception followed at which members of the diplomatic corps tendered their congratulations. The press was not represented at the reception.



said. "Speak up and tell me the truth or I'll take you up to the captain."

Sandy kind of hesitated a minute and looked a little sheepish and then he said: "Well, if you got to know I been visiting a de-cootieing place and I ain't got no cooties on me—and if you don't like it you can go down there yourself."

And just then one little fellow jumped right off'n Corporal Wart and lit square on Sandy and the next morning Sandy had 2,000 new ones holding track meets and playing hide and go seek all around him.

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#### BOTH STEPPED OUT

One day Mr. Jenkins, senior partner in the firm, came out of his private office and handed Jimmy, the office boy, a slip of paper and said:

"Here, Jimmy, go over to the public library and get me 'Dr. Jekyll and Mr. Hyde.' I have written it on a piece of paper for you so that you will not forget."

Jimmy lost the slip of paper on the way. When he discovered his loss he returned to the office without going to the library and was seated at his little desk innocently shooting flies with a rubber band when Mr. Jenkins said to him:

"Well, Jimmy, where's Dr. Jekyll and Mr. Hyde?"

"Please, Mr. Jenkins, responded Jimmy with well feigned candor, "the lady at the library said they both just went to the ball game and to call for them in the morning."

The St. John Globe calls attention to the fact that at the time Mr. B. Frank Smith purchased the patriotic potatoes for the provincial government he was not a member of the Legislature. Mr. Smith was not a member of the House in the fall of 1914, when the potato carnival began, but he was the government candidate at a by-election in Carleton in January, 1915, and was elected. It was during the year 1915 that the crooked financing in connection with the patriotic potato transaction was pulled off.

You can always flatter a woman by assuring her you can't.