

## SELECTED RECIPES

**Orange Salad.**—Pare and slice four large, sweet oranges, place in salad dish and pour over them the following dressing: One large tablespoonful of melted butter, stir in one tablespoonful of flour, add two eggs, one teaspoonful of mustard, one tablespoonful sugar, salt and cayenne pepper to taste; stir constantly until it comes to a boil, then add one cup of vinegar. When cold, pour over the oranges. Garnish with parsley.

**Tomato Souffle.**—Put one can of tomatoes, the white leaves from a

head of celery and three sprigs of parsley, one-half a small white onion and a grate of nutmeg in a stew-pan and cook over a brisk fire for half an hour. Strain and add one teaspoonful of white pepper. Melt two tablespoonfuls of butter, stir in two tablespoonfuls of flour, and as soon as the flour thickens pour in slowly one cupful of the cooked tomatoes, stirring continually. If liked grated cheese may be sprinkled over the top before baking, bake in a well-buttered dish in a moderate oven about twenty minutes. Serve as soon as taken from the oven.

**Sally Lunn.**—Sift together one and one-half cupfuls of flour, half a cupful of corn starch, two tablespoonfuls of sugar, and a saltspoonful of

salt. Warm a scant cupful of milk and melt in this three tablespoonfuls of butter. Stir into the flour, adding also half a cake of compressed yeast dissolved in a little lukewarm water. Beat very well; add one egg, yolk and white beaten separately. Pour all into a buttered cake pan and let rise until double its bulk, about two hours. Sprinkle lightly with granulated sugar and bake in a moderately hot oven. Serve warm, out into squares. If set overnight for breakfast one-fourth as much yeast is required.

**Sea Foam Fudge.**—One and one-half pounds of brown sugar; one-quarter cup of boiling water; the whites of two eggs; a cup of halved pecan nuts. Boil the sugar and

water until it "hairs" when dropped from a spoon, then pour upon the beaten egg-whites, whip well, add the nut meats and pour into tins. Do not use more than a quarter-cup of water, or the fudge will not be good. The water must be at a hard boil.

**English Fried Cakes.**—Two cupfuls of sugar, two dessertspoonfuls of melted lard, three eggs, one cupful of sweet milk, five teaspoonfuls of baking powder, two and one-quarter cupfuls of mashed and sifted potato, six and one-half cupfuls of flour, also salt and nutmeg or other spices to suit. This will make six dozen fried cakes, and they will not soak up the lard when frying.

# Worth Its Weight in Gold TO WEAK MEN



This is the way my Patients write about

## Dr. McLaughlin's Electric Belt

READ WHAT JOHN BECKER, INNISFAIL, ALTA., SAYS:—

**DR. McLAUGHLIN:** Dear Sir,—I am more than pleased with the results of your Belt. My general health is greatly improved. I feel like a new-made man. My digestion is perfect; my bowels move regularly every day; the piles are almost gone, and the catarrh is getting better. To be free from such a disagreeable, loathsome disease as catarrh I consider the price of the Belt itself, and to be cured of torturing piles, I cannot tell what a relief that is to me. All scrofulous affection of the skin has disappeared. I will recommend your Belt to anyone that is in bad health as I consider you worthy of it, because you tell the truth in your advertisements as well as in your letters. So many nowadays can give you a whole lot of smooth talk but in the end they do not live up to it. In conclusion, I thank you ever so much for being the means of bringing a cure about in my case. I consider your Belt is one of the greatest inventions of this day. May success attend your endeavors to cure suffering humanity.

**My way of restoring strength is different from others.** It is my own plan, and is as simple as anything can be. I find a man suffering from stomach trouble, arising from a weakness of the organs of digestion and assimilation. Now, what is the use of pouring drugs into that poor stomach? It does not want drugs to force an action. It wants strength. The proof of this argument is substantiated by the following letter from A. P. Hickling, St. James, Man., who has worn my appliance:—

**DR. McLAUGHLIN:** Dear Sir,—My indigestion has quite disappeared and my kidneys are free from pain. I no longer feel any weakness in my spine and my appetite has returned, so that I can enjoy as good a meal as any man my size. I have gained five pounds in weight, yet the neighbors say I do not look as fat as I did. I am also free from diarrhoea, which was severe during the summer months. I am most thankful to say that the Belt has about cured me of other weaknesses. I believe your Belt is a genuine success."

You know there is not an organ in the body which will not do its work well if it has the strength. You will never feel a pain or moment of distress unless some part of your body is weak. Remember and don't paralyze your poor stomach with poisons. My plan is to give strength to the part that is ailing. I do that, and the trouble is gone before you understand why.

My treatment is a success in any case where strength is lacking, whether in the nerves, stomach, heart, kidneys, liver, or any other part. My appliance gives a soothing, constant electric glow, which is taken by the body just as a sponge takes up water. It cures weakness in any guise, as well as any other form of pain. My cures prove the truth of my argument.

I don't think there is any case of weakness, failure of vitality, or of any trouble resulting from the imperfect action of any organ of the body that I can't cure. Of course, I do not cure all cases, but I do cure any case I undertake. I have such confidence in my treatment that

## I WILL CURE YOU FIRST AND YOU CAN PAY ME AFTER THE WORK IS DONE

All I ask is that you secure me while you are using it. I don't ask you to take any chances. I am willing to do that.

My strongest arguments are the letters from prominent people whom I have cured. Every man or woman who comes into my office gets a practical illustration of my method of cure, and goes away convinced that the claims I make for my **ELECTRIC BELT ARE TRUE.** After seeing original letters from the cured (letters I am permitted to exhibit) their doubts are dispelled. They know that I have not only proven that electricity is the substance of life and organic vitality, but I have perfected the best known appliance in the world for replenishing that force in the body when lost.

**My cures are simply marvelous.** Take the case of Stewart B. Cheesman, Deer Park, Griswold, Man:—

**DR. McLAUGHLIN:** Dear Sir,—I am writing to tell you of the splendid results I have obtained from the use of the Belt purchased from you a month ago. The varicocele has almost left me, and also my back is now completely cured. Upon my word, Doctor, your Belt cannot be beaten, your words have come true; it is the best thing I have ever invested in. I am more than pleased with it, and you have my full permission to use my name if you think fit. Wishing you the best of success, I remain, your sincere friend.

I am an enthusiast, you say. Why should I not be? I have the gratitude of thousands of people who have been cured by my Electric Belt after the failure of the best physicians. I am enthusiastic because I know that I offer suffering humanity the surest cure for the least expenditure of money that is known today. I have gained my success by learning how to treat my patients and then curing them. I understand the action of the current on the human system. My years of experience have taught me how to apply electricity. I charge nothing for my knowledge, knowing that it helps me. My patients are my friends. They are advertising my business.

You can talk with the men and women who have been cured by my treatment, and that's worth considering. I might preach for years in my efforts to gather converts to my way of curing disease and nobody would pay any attention to my arguments, but when I tell you I have cured your neighbor, Mr. A. Smith, or your friend, Mr. Johnston, and you can go and ask them about me and they tell you I have cured them, then I have given you proof, and you know that I do all I claim. And I want you to give me credit for what I prove. There's nothing surer than the word of an honest man, and when such men as these admit that I have cured them you know that I can cure you.

## Free Book

Every man who admires the perfection of physical strength should read my beautifully illustrated book. It tells how strength is lost, and how to restore it with my Electric Belt. I will send this book, closely sealed, free on request. If you are not the man you should be, write today.

Put your name on this Coupon and send it in.  
DR. M. D. McLAUGHLIN, 112 Yonge Street, Toronto, Canada.  
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