

## VERY BENEFICIAL TO HEALTH.



I take pleasure in stating that the

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MINERAL WATER

I have used has been very beneficial to my health. The saline properties of the water seem to invigorate the whole system. I can recommend its use as highly conducive to general health.

D. B. READ, (J.C.),  
237 University Street.

THE ST. LEON MINERAL WATER Co. (Limited),

101 1/2 KING STREET WEST, TORONTO.  
Branch Office at Tidy's Flower Depot, 164 Yonge Street.



## OF IMPORTANCE TO YOU.

We request all those seeking medical relief to write us confidentially and learn for themselves of what

**THE DOREN WEND ELECTRIC BELT** can do for them. To heal the sick we must destroy the cause: to do this the remedy must be an Anti-Septic, and destroy the living disease germs in the blood by actually coming in contact with them. Any other method of cure is a *quack*. No Electricity. "Health without Medicine" (which contains nothing but the advice to use hot water enemas) or other remedies with no anti-septic qualities will do this. "The reader should do his own thinking and careful investigating, and not let others do it for him, else they will soon profit by his ignorance."

WM. BADAM MICROBE KILLER COMPANY, Ltd.  
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Please mention this paper.

The Dorenwend Electric Belt and Attachments



## RELIEVE AND CURE ALL DISEASES WITHOUT MEDICINE.

Indigestion, Liver and Kidney Complaints, Rheumatism, Neuralgia, Lumbago, Gout, Spinal Disease, Nervous Prostration, Sleeplessness, Heart Troubles, Impotence, Seminal Weakness, and Disorders of the Nervous and Muscular Systems. Dorenwend's Appliances are the very latest in Electro-Medical Discoveries. The current is under the control of the user, and can be made weak or strong. Every part is adjustable. The Belt will cure all diseases curable by electricity. They are endorsed by recognized authorities.

Expert electrical and medical examination invited. No other belt will stand this. Send for book on Electro-medical Treatments. The Dorenwend Electric Belt and Attachment Co., 103 Yonge Street, Toronto. Mention this paper.  
C. H. DORENWEND, Electrician.



*Good morning! 11/26*  
*Have you used*  
*Pearls' Soap?*  
*E. A. W.*

## HOUSEHOLD HINTS.

**CHEESE PIE.**—Beat a cup of sugar, three eggs and a cup of butter together, flavour with lemon. Bake in a rich crust and spread over with the beaten whites of egg sweetened.

Is it safe to use an article of food, baking powder or anything else, containing ammonia—an article a tablespoonful of which in a pail of water will remove paint stains?

**PIE CRUST MADE OF CREAM.**—For one pie use a heaping cupful of flour, a little salt mixed in well, and thick sweet cream (which is very cold) enough to mix it with, stir with a knife instead of with your hand. Dyspeptics that cannot eat crust made of lard enjoy pie when the crust is made by this rule.

**STEWED LOBSTER.**—Take one-half pint of milk and stir in it enough flour to make it quite thick, put it on the fire till it boils; remove and stir in quite a large piece of butter. Chop the lobster, and season to taste with salt, vinegar and pepper, and then put it in the dressing and let it simmer on the stove.

**FRIED OYSTERS.**—One cup flour, one teaspoonful butter rubbed through it, one teaspoonful yeast-powder, one-half teaspoonful salt, one teaspoonful of sugar, stir them well together; then add one cup milk and two well-beaten eggs; have the batter as stiff as for griddle cakes. Take one quart well cleaned oysters and mix with the batter, and fry in plenty of hot lard.

**APPLE TAPIOCA PUDDING.**—Soak a cup of pearl tapioca in a pint of water, two hours, stir in three-fourths of a cup of white sugar, add one-half teaspoonful of salt, and a cup of thin cream, or new milk. Peel, quarter, and core eight large apples (greenings preferred) and put in an earthen pudding dish; grate a little nutmeg on top, and bake an hour and a quarter in a slow oven. Serve with whipped cream.

**CHOCOLATE MOSS** is made in the following manner: One quart of sweet cream, flavoured, sweetened and whipped to a stiff froth and drained on a sieve. Meanwhile, have two squares of baker's chocolate melting in a basin set over a teakettle of boiling water, stir carefully the melted chocolate into a froth; pour into a pail or freezer, and freeze without stirring. When wanted for the table, wet a cloth in boiling water, wrap about the pail until the cream slides out; slice and serve. It looks like moss and is delicious.

WHEN a manufacturer adulterates baking powder with ammonia—an article useful enough, perhaps, in a soap powder—it is time for the consumer to demand that the composition of all articles of food shall be made known.

## AN IMPORTANT SUBJECT.

The subject of health. Good health depends upon good food. It is not what we eat that nourishes the body, but what we digest. To study what we eat and why we eat is important. It was by eating the wrong food that the curse came upon mankind at first. Thousands are miserable with indigestion and dyspepsia from eating the wrong kind of food now. Some eat the same kind of food in hot weather that they do in cold weather, and consequently they suffer and are cast out of the paradise of health. It is always safe to eat Desiccated Wheat, but be sure you get the proper article with the name and trade mark of the Ireland National Food Co. (Ltd.) on the package.

## Electric Belt Free!

To introduce it, the undersigned will give away to those who are sick or ailing or suffering from weakness or disease, and who would be likely to make good agents, if cured, one of our German Electro-Galvanic Belts; regular price \$5 (U. S. Patent 357,647), invented by Prof. P. H. Van Derweyde, Pres. of N. Y. Electrical Society and late Professor of Chemistry of N. Y. Medical College. \$500 Reward for any Belt we manufacture that does not generate a genuine Electric current. They are daily making most marvelous cures in cases of Rheumatism, Liver, Stomach and Kidney Diseases, Lung Troubles, Nervous Debility, and many other ailments in which medicine fails. Address at once,

German Electric Belt Agency, Brooklyn, N. Y.

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*13/26*  
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