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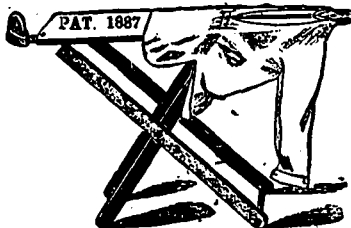
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- Senator A. C. Botsford, Sackville, N. B., says Actina is good for defective eyesight. He tried it.
- Rev. Chas. Hole, Halifax, N. S., recommends Butterfly Belt for general debility.
- Jas. S. Musselman, Berlin, Ont., general debility and catarrh—cured.
- Mrs. Geo. Planner, Toronto, Liver and Kidneys—now free from all pain and strong and happy.
- John Arnott, Iona, Ont., Lame Back cured after trying everything.
- D. D. Gilles, Lucknow, Ont., Dyspepsia and Kidneys—after suffering eight months—cured.
- Daniel Campbell, Port Talbot, Lame Back and Headache, after suffering for years, cured in less than a month.
- Mrs. Lottie Collier, Simcoe, Ont., Weakness and Spinal Affection, strength fully recovered.
- G. R. Glassford, Markdale, Ont., Sciatica and Dyspepsia, 15 years, cured in six weeks.
- Mrs. McKay, Ailsa Craig, Ont., Sciatica 13 years—no pain after the first day.
- A. G. Henderson, Hudson, Ont., Lame Back entirely cured.
- B. C. McCord, Medicine Hat, N.W.T., Butterfly Belt worked wonders—Rheumatism, Back, Shoulders and Side.
- J. Cameron, Beaver, B.C., feels like a new man after wearing our Butterfly Belt 4 weeks. [in 2 weeks]
- F. W. Martin, St. John, Newfoundland, suffered several years with Inflammation of the eye—Actina cured
- W. J. Gould, Gurney Stove Works—After laying off 3 weeks went to work—Wore Butterfly Belt 4 days—Sciatica.
- James Story, Fitzroy, Ont., after wearing Butterfly Belt one night, attended a fair, a walking advertisement for us, 70 years old.
- J. K. Johnson, Solgirth, Man., tried a hundred remedies, nothing effective, Butterfly Belt cured Biliousness and Dyspepsia.
- Jas. Mansfield, Saskatchewan, N.W.T., Piles and complete prostration—completely cured.
- Josiah Fennell, Toronto, for six weeks could not write a letter—went to work on 6th day—Neuralgia.
- Miss Flora McDonald, 21 Wilton Avenue, reports a lump drawn from her wrist.
- Geo. H. Bailey, Union, Ont., a suffering cripple for 17 years with Rheumatism and Scaly Sore Feet, cured in one month.
- Jas. Nicholson, Zephyr, Ont., Rheumatism 18 years—Resumed work in the harvest fields the second day.
- Mrs. Connell, Lambton, Ont., Catarrhal Bronchitis 2 years, relieved in one treatment; cured in one month.
- L. D. Good, Berlin, Ont., cheerfully recommends Actina for Catarrh and Cold in the Head.
- David Richards, Toronto, Your Butterfly Belt cured me of Liver and Kidney Complaint of long standing in 2 weeks.
- Thos. Guthrie, Argyle, Man., says our Butterfly Belt and Suspensory did him more good than all the medicine he paid for in 12 years.
- Thos. Bryan, 341 Dundas Street, Nervous Debility—improved from the first day until cured.
- Chas. Cozons, P.M. Trowbridge, Ont., after five weeks feels like his former self.
- J. A. T. Ivy, cured of Emission in 3 weeks. Your Belt and Suspensory cured me of impotency, writes G. A. I would not be without your Belt and Suspensory for \$50, writes J. McG. For general debility your Belt and Suspensory are cheap at any price, says S. M. C. Belt and Suspensory gave H. S. of Fleetwood, a new lease of life. K. E. G. had no faith but was entirely cured of impotency. Many such letters on file.

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OMELET.—Beat four eggs just enough to mix them; add four tablespoonfuls of warm water and a piece of butter the size of a walnut; put a tablespoonful of butter in a frying-pan; when melted and hot turn in the eggs; shake the pan and, as soon as the omelet begins to set, lift it at one side and allow the softer part to run under; continue this until the omelet is cooked, dust it with salt and pepper, fold it over and turn it out on a heated dish; dust it with granulated sugar; sprinkle it with rum, pour about two tablespoonfuls around the omelet; set fire to it, and send it at once to the table.
PATE IMPERIAL.—Cut the white meat of a cooked chicken into dice; parboil and pick into small pieces one pair of sweet-breads; chop fine a half-can of mushrooms; mix all these together; put one large tablespoonful of butter into a sauce pan; add two even tablespoonfuls of flour, mix over the fire until smooth; add a half-pint of milk; stir until it boils; add the mixed meat, a teaspoonful of salt, a dash of cayenne, a quarter-teaspoonful of white pepper, and when the whole is very hot stir in the yolks of two eggs; serve at once; if it is necessary to keep this warm for a time do so before the eggs are added; truffles may be used with the mushrooms. This quantity will serve twelve persons.
TIMBALES OF CHICKEN.—Chop very fine a half-pound of cooked white meat of chicken, pound it to a paste, adding gradually one gill of cream; add, one at a time, the whites of three eggs unbeaten; beat each one well into the mixture before adding another; add one teaspoonful of salt, a palatable seasoning of cayenne, and a teaspoonful of finely chopped truffles; stir in carefully the whites of two eggs beaten to a stiff froth; have ready small timbale-cups well buttered; fill these half-full with the mixture; stand them in a pan of hot water and bake in a moderate oven twenty minutes; serve hot with cream mushroom sauce poured around them.
CLAM CHOWDER.—Cut one pound of ham into dice; pare and cut into dice twelve good-sized potatoes; chop three good-sized onions fine; cut four pounds of stewed veal into pieces one inch square; chop 200 clams.

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