



**A
Disc
That's
Stiff,
Strong,
Sharp.**

BUILT FOR HARD WORK

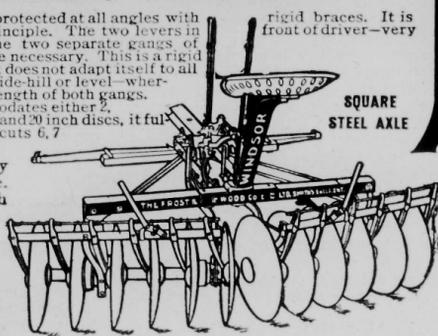
Don't fear for a Windsor Disc Harrow. Don't worry for a second that it will play false on any kind of ground—whether clayey, stony, rough, gullied or stumpy. The Windsor is so substantial, so well-braced at every angle, that no matter what it strikes it withstands the shock. A Windsor Disc Harrow will do the work of a plow and a spike-tooth harrow at the same time, and save twice the work of man and horses, besides opening up the ground and pulverizing the soil better. The

WINDSOR DISC HARROW

has an all-steel frame, strongly protected at all angles with constructed on the out-throw principle. The two levers in conveniently located—control the two separate gangs of discs which can be set at any angle necessary. This is a rigid Harrow, but still not so stiff that it does not adapt itself to all kinds of soil conditions. Whether on side-hill or level—wherever driven—it will cut uniformly the length of both gangs. The patented pole attachment accommodates either 2, 3 or 4 horses. Built in 8 sizes, with 16, 18 and 20 inch discs, it fulfills the demands of every farmer. It cuts 6, 7 and 8 feet in width.

Ask our Agent in your vicinity about this most economical machine. And write us for catalogue H 11 which gives complete description.

Frost & Wood
Company, Limited
Smith's Falls, Canada



Selected Recipes

Bread and Jam Fritters.—For bread and jam fritters, first, the batter must be made. Put four ounces of flour and a quarter of a teaspoonful of salt into a basin. Break the egg into the middle of it, and with a wooden spoon work in the flour gradually; then add half a gill of milk, stirring it well in; next beat the batter well till the surface is covered with bubbles, and lastly add enough milk to make up the quantity of one gill. Cut the bread and butter into neat pieces and spread them over with jam (any kind without stones). Have ready a pan of frying fat. When a bluish smoke arises from it dip some of the bread and jam into the batter, then drop them into the frying fat and fry them a pretty golden brown. Then drain them well on kitchen paper, dust them over with powdered sugar. Serve them heaped upon a lace paper.

Cornstarch Cake.—Whites of four eggs beaten to a froth, one cup of sugar creamed with half a cup of butter, three-quarters of a cup of sweet milk, two teaspoonfuls of baking powder, sifted with one and a half cups of flour and half a cup of corn starch; bake in square cake tin in a moderate oven.

Potato Soup.—Boil and mash four potatoes. Make a roux of one tablespoonful of butter, one-half tablespoonful of flour, and one teaspoonful of chopped onion, letting the onion cook in butter a few minutes before adding the flour. When the roux is cooked add to it a pint of milk, making a thin white sauce. Add this to the mashed potato and pass through a strainer. Return it to the fire for a few minutes to heat and blend it. Season with salt and pepper. Sprinkle on the soup when it is in the tureen a teaspoonful of chopped parsley and a few croutons.

Cocoanut Pudding.—Melt slowly together one-quarter of a pound of fresh butter and one pound of granulated sugar, add one quart of sweet milk, six eggs beaten separately and until very light, reserving the whites of two, one lemon grated and one large cocoanut grated. Mix thoroughly, turn into a buttered pudding dish and bake in a moderate oven for half an hour. Make a meringue with the whites of the two eggs and four tablespoonfuls of powdered sugar, letting it brown very lightly in a slow oven, after heaping it over the pudding. Serve with marmalade.

Cream of Onion Soup.—Slice into a quart of skimmed mutton stock a half-dozen onions. Set at the side of the stove and simmer for an hour, or until the onions are boiled to pieces. Rub through a colander, return to the fire and add a cup of scalding milk, into which has been stirred a pinch of baking soda. Thicken with two * tablespoonfuls of flour rubbed smooth, with one tablespoonful of butter, and season to taste with salt and pepper.

A New Kind of Pie.—Chop fine two cups cranberries and one cup seeded raisins. Stir two tablespoons flour into one cup water; dissolve in this two cups sugar. Stir together, adding little by little the fruit and cook. This makes filling for two pies. If vanilla flavor is liked, two scant tablespoons may be stirred in after the mixture is cooked.

Soft Ginger Cake.—Put into a pan one cup molasses, three tablespoonfuls butter softened and one cup sour milk, into which a heaping teaspoonful of soda has been stirred. Add a teaspoonful ginger and the same amount cinnamon with flour to mix soft. Bake in a slow, steady oven.

Cocoanut Macaroons.—To the unbeaten whites of three eggs add a cupful of granulated sugar and beat until thick and light, then add one and a half cupfuls of shredded cocoanut and vanilla to flavor. Drop from the end of a teaspoon in small pats on a buttered sheet, allowing ample room for spreading, and bake in a very slow oven, until firm to the touch. These are easily made, inexpensive and delicious.

Health Means Power!

Power Spells Success!



No matter what may be your work; whether you are a teamster, a blacksmith, a salesman or a college professor, it's the man with the greatest Vitality in any walk of life that wins! It's the man who jumps out of bed in the morning after eight hours' refreshing sleep, the man with a clear head, a strong heart and warm, red blood dancing through his veins, who makes his mark in the world!

Give me a man who crawls around, "packing" a load of Dyspepsia, dullness of eye, a drowsy brain, a lame back, tired legs, and a woeful look in his face, and I can transform him into a man of brawn and brain with my Electric Belt—a man full of life and action, able to face the world, to fight its battles, and conquer.

It's a grand thing to meet a healthy, cheery man. He gives your hand a grip that's an inspiration—the very tones of his voice proclaim his power; he radiates cordiality like a depot stove radiates heat. What is the secret of his success? Energy, Magnetism, a body full of animal Vitality.

This Magnetic force is within reach of all of us. Thousands and thousands of men—forceful men, successful men, to-day—came to me wrecked in mind and body, and I have restored them to health and happiness with my Electric Belt. These men are shouting the praises of my Belt, and they'll gladly tell you what my great appliance has done for them.

Electricity is life! It's the greatest curative force in the world to-day. I have developed a method of applying this force to the body by means of my Belt that has resulted in more actual cures than any system of applying Electricity yet devised by man.

Do you doubt it? If so, any man or woman who will give me reasonable security can have my Belt, with all the necessary attachments suitable for their case, and

YOU NEED NOT PAY UNTIL CURED

It restores the Vital powers to men and women. It makes strong and healthy men and women out of mental and physical wrecks. It is a positive and lasting cure for Indigestion (Dyspepsia), Constipation, Headache, Drowsiness, Rheumatism, Neuralgia, Lumbago, Sciatica, Weakness of the back, Weakness of the Nervous System, Sleeplessness (Insomnia). It overcomes the terrible results of early indiscretions. It restores the vitality that it lost. It corrects every sign of mental impairment and physical break down. Here I give you a few samples of the kind of letters I receive every day by the score from people who have found Health, Strength and Happiness through the use of my Belt:—

Dear Sir:—I purchased one of your Belts in December, 1905, and after using it as you directed, I felt like a new man, and I am pleased to inform you that I am just as well to-day and as free from pain as I ever was in my life. I found your Belt much better than was represented, and I have recommended it to many others and shall always feel a pleasure in doing so. I am more than satisfied with my Belt. I followed your instructions and found it complete. Hoping you will have every success, I am,
TIMOTHY LEADBETTER, Lethbridge, Alta.

Dear Sir:—I am very thankful for the good your Belt has done me. I can work now and feel that the restoration of my health is complete. All I can say is that your Belt cured me after the failure of doctors. If there are any men broken down like I was there is only one thing that can make them men again, and that is Dr. McLaughlin's Electric Belt. It has cured me and will do the same for you. If any one doubts you, let them write to me.

P. Deslors, Ralph Station, Sask.

Call at my office and let me explain my Belt to you. If you can't do this, cut out this coupon, send me your name and address to-day, and I'll mail you, closely sealed, my elegantly illustrated 80-page book, which is FREE. My FREE BOOK for women is now ready. All men and women who are interested in recovering their health should read these books, for they point the way to Health and Happiness. Office Hours—9 a.m. to 6 p.m. Wednesday and Saturday, until 8.30 p.m.

Dr. M. D. McLaughlin

112 Yonge St., Toronto, Can.

Please send me your Book, free.

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