

Selected Recipes

To Make Cracker Jack.—Everyone enjoys this simple confection, but few know how easily it is made. Beat three whites very stiff and mix gently with the tomato sauce and smooth stir this into three well-beaten egg yolks, and set aside to cool. To make it, pop about six quarts of corn, having it free from hard kernels and scorched ones. Put in a pan large enough to mix it in without spilling. Make a candy of 1

cup good molasses (the dark cheap article will not do), 1/2 cup white sugar boiled together until it hardens when dropped in cold water. Then add 1/2 teaspoon soda, and after it has foamed well, pour it over the corn, stirring all the time so that each separate kernel will become coated with the candy. Peanuts may be added if liked, and we think them a great improvement. They should be scattered in during the mixing of the corn and candy. As soon as well mixed together, pack the mixture closely in shallow baking pans, so that it will be in good shape to cut in bars to serve. This is just as good in a week as when

first made, if it is placed in a hot oven till dried out perfectly, often seeming even more crisp and tender than at first.

Egg Soup.—Put four tablespoonfuls of washed rice in a quart of good stock and simmer gently for twenty minutes, press through a sieve, return to the kettle; add a saltspoonful of pepper and half a teaspoonful of salt. Beat the yolk of two eggs; add a little of the hot soup, and then turn the mixture into the kettle. Stir for a moment, ~~to~~ **BOIL**, take from the fire, and serve with large squares of toasted bread.

Rice and Currant Pudding.—Two

ounces of rice, two ounces of currants, one and a quarter pints of milk, one egg, one tablespoonful of castor sugar, one ounce of beef suet, and grated nutmeg to taste. **Method.**—Wash, drain, and blanch the rice. Then drain again, and cook it in the milk for ten minutes, add the currants and the sugar. Shred the suet or chop it finely and stir into the other ingredients, beat up the egg and add also, pour the mixture into a buttered pie dish, grate a little nutmeg on top and put the pudding in a slow oven to bake for about one and a half hours. The more slowly farinaceous puddings are baked the better the results will be.

Read These Letters



They are on File with Thousands of Others in my Office.

Nervous Energy Restored Six Years Ago, and Still Strong.

Dr. McLaughlin,
Dear Sir,—It is some three years ago I wrote you that your Belt had given me perfect satisfaction, and I am still as strong and hearty as any man could expect to be. It is certainly a God-send that such an appliance should be invented for the cure of the ailments of poor, wretched humanity. I can now eat anything that is eatable and digest it well; no trouble worries me and my nerves are very strong. I have been singing the praises of your Electric Belt for six years and will continue to do so. I cannot say too much, for it has made my body a pleasure to own.
W. L. FLEMINGTON.

Cured Three Years Ago

Dr. McLaughlin,

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 and I followed your instructions and found it complete. Hoping you will have every success, I am,
TIMOTHY LEADBETTER.

Cured When Medicines Failed

Dr. McLaughlin,

Dear Sir,—I wish to tell you what your Belt has done for me. When a lad of eighteen years, I was carrying a heavy bag of corn, and somehow or other I must have hurt myself. A pain came on soon after, like a cramp in the stomach, and it was getting steadily worse until I found relief from your Belt. I tried doctors and patent medicines with no benefit. I then read in the papers of your Belts and their wonderful cures. After purchasing one of your Belts I found relief at once, and it has now completely taken the trouble away, and I can now lift anything without feeling that hated pain. My food digests better, and I can now enjoy pleasure, whereas before it was useless to be where it was. I am very well pleased with your Belt, and would not part with it at any cost. I would gladly recommend it to any sufferer, as I have proved it to be a cure for what medicines would not reach. I remain, Yours,
G. HERMAN.

Stoney Plain, Alta.

Restored His Strength

Dr. McLaughlin,

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.

It Proved a True Friend

Dr. McLaughlin,

Dear Sir,—It is indeed with great pleasure, both from my husband and myself, that I write this letter to you. It is going on three years since I have had your Electric Belt and must say it has made a new woman of me. It has indeed proved itself a true friend to me and I would not part with it for twice its weight in gold. I could not do a day's work without having to lie down for half a day, before I wore the Belt, but now I can do all my work and attend to four children without ever feeling tired. I thank Dr. McLaughlin for the great benefit he has given me through his Electric Belt, and wish him the best success for the future.
MRS. J. LAROQUE.

Riverside, Sask.

Indigestion and Constipation, Piles, Catarrh

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 is worth 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 any one 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 one 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 the greatest invention of this age. My success attend your endeavors to cure suffering humanity in the wish of your friend,
JOHN BECKER.

Innisfail, Alta.

Dr. McLaughlin's Electric Belt will do the Same for You

You may say, as many others have said, "Doctor, your arguments sound good, but show me evidence of cures to back up your statements." That is my strongest argument. Every man or woman who comes into my office gets a practical illustration of my method of treatment. After seeing original letters from prominent people (letters which I am permitted to exhibit), their doubts are dispelled, they are convinced that the claims I have made are true. You can see these patients and secure from them their verification of my statements. Hundreds of my best testimonials cannot be published, as the patients, through recommending my treatment privately, object to publicity.

My Belt will cure Nervous Debility, Stomach Trouble, Rheumatism, Lame Back, Sciatica, any case of Kidney Disease that has not gone as far as Bright's Disease, Indigestion, Constipation, or any weakness caused by ignoring the laws of Nature. My improved Electric Belt is the marvel of electricians, the most wonderful curative device that has ever been introduced.

READ MY OFFER

I know how skeptical people are after paying hundreds of dollars to doctors without getting any benefit, and knowing that any man would willingly pay for a cure when he gets it, I now offer any man a complete restoration to manly vigor and health before he pays a cent. There is no deception about this offer either in the making of it or carrying it out. All I ask is fair security that I will be paid when the work is done; this any honest man will be glad to give. I take all the chances, you take none. Isn't that fair? Do you want any better evidence of my confidence in my Belt? Now, if you suffer, do not lay this aside and say you will try it later. Act upon it to-day—NOW. Tell me what you are suffering from and I will arrange a Belt with all necessary attachments suitable for your case and send it to you and you can

PAY ONLY WHEN CURED

FREE BOOK.—I have a book which gives many hundreds of letters from men whom I have cured. Tells all about the signs of decay in men, how they are caused, how they first appear, the way the vital power is wasted and how all these troubles are cured by electricity. It inspires a man with a desire to be "a man." It is full of things a man likes to read. If you will send for it I will send it to you closely sealed, Free. Consultation Free. You are invited. If you cannot read, write for this Book at once. Get all the good you can out of life while it lasts.

Dr. McLaughlin's Belt is as good for women as for men. I have a Book about it, too. Write for it. Free on application.

Dr. M. D. McLAUGHLIN
112 Yonge St., Toronto, Canada

Dear Sir:
Please send me one of your Books, as advertised.
Name _____
Address _____
Office Hours: 10:00 a.m. to 6:00 p.m. Wed and Sat, absent 7:00 to 10:00 p.m.

A S

IDEAL

Investigate IDEAL like the railway for elasticity—stiffness. Test the tenacity. Put and weigh it. your investigation the triumph

HAVE V

If not, there IDEAL fence appreciated THE IDEAL

MANITO

FAT

BRANDON

Horses
Cattle
Sheep

Annual Conventions
OVER

An event of surpassing Splendid programme Agriculture. Interesting and inspired by the leading farmers of the United States.

Special Passenger Rates

For Prize
JAS. D. MCGREGOR, Br

EAST

KOOTENAI

LANI

J. E. ANNAB