

## Selected Recipes

**Hard Times Omelet.**—Put a cupful of finely crumbled bread into a bowl, and pour over it two-thirds of a cupful of sweet milk. When the bread has become thoroughly moistened, stir it with a spoon until it is entirely smooth and free from lumps. Add the yolks of two eggs, beating them into the bread and milk one at a time, then fold in the stiffly-whipped whites, and pour into well buttered baking dish. Bake in a moderate oven until well set. A pleasing variation is to sprinkle the top of the omelet with grated cheese

and paprika before removing it from the oven. If a sweet omelet is desired a generous sprinkling of maple sugar will prove pleasing.

**Shepherd's Pie.**—One quart of cold cooked meat, one pint of water, half pint of hot milk, six good sized potatoes, one tablespoonful of minced onion, three tablespoonfuls of butter, two level tablespoonfuls of flour, two and a half teaspoonfuls of salt, and half teaspoonful of pepper. Put two tablespoonfuls of butter in a frying pan and set on the stove. When hot add the flour stirring until smooth and brown. Gradually pour the water on this mixture, stirring constantly. When the gravy boils add one-third of the pepper and half teaspoonful of the salt. Have the meat

cut in slices or small cubes, and seasoned with one teaspoonful of salt and one-third teaspoonful of pepper, and put it in a two-quart dish. Pour the gravy over the meat and then add the onion. Boil and mash the potatoes, add the milk, one tablespoonful of butter, one teaspoonful of salt, and one teaspoonful of pepper. Spread this on top of the meat, and bake in a moderate oven for 45 minutes.

**Lima Bean Soup.**—One cup lima beans, two cups milk, one cup water, one bay leaf, two tablespoons butter, one tablespoon flour, one small onion, salt and pepper to taste. Slice the onion and brown in the butter; add the flour; stir until smooth and brown; add the water, bay leaf, and beans,

and cook twenty minutes, or until the beans are soft. Press through a sieve, scald the milk, add the beans, and cook until thickened. Season and serve. A few drops celery extract, onion juice, a little catsup, Worcestershire sauce, or curry powder; any proper flavoring used with judgment gives variety and adds to the various soups. The coarser leaves and stalks of the celery may not be sufficient to give the right flavor to the soup, but a drop or two of celery extract will add just what is needed. Tomatoes can be used with great freedom, as they combine with so many other things. Remember that one tablespoon meat, vegetable, or cereal need never be wasted where soup is used every day.

# A MESSAGE TO MEN

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The failure of medicine of quacks, and even of other so-called electric belts is no argument against Dr. McLaughlin's Electric Belt. No other treatment, no other belt, is in the same class with it. Everything else may fail, but Dr. McLaughlin's Belt will cure. IT HAS CURED THOUSANDS WHO TRIED OTHER REMEDIES WITHOUT SUCCESS.

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to be

"A Man  
Among  
Men?"

WRITE  
TO-DAY

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Dear Sir,—I am glad to tell you that after using your Belt for forty days I am completely cured, and I highly recommend it to anybody troubled with backache or any other troubles. I remain, yours very truly, HORMISDOS LAMOUREUX, Lamoureux, Alta.

Dear Sir,—After giving your Belt a fair trial, I now drop you these few lines to let you know how much good your Belt has done for me. I am glad to say that my back and stomach are all right. I can sleep fine all night and eat well also. I think your Belt is all right. I would not part with it

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for its weight in gold. Hoping you will excuse me for not writing sooner, I am, yours truly, F. L. COGHLAN, Edmonton, Alta.

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