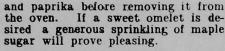
## FARMER'S ADVOCATE AND HOME JOURNAL, WINNIPEG

## **Selected Recipes**

290



and paprika before removing it from cut in slices or small cubes, and sea-the oven. If a sweet omelet is de-sired a generous sprinkling of maple sugar will prove pleasing. cut in slices or small cubes, and sea-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.

Hard Times Omelet.—Put a cup-bowl, and pour over it two-thirds of a cupful of inely crumbled bread into a bowl, and pour over it two-thirds of a cupful of sweet milk. When the bread has become thoroughly mois-tand a half teaspoonful of butter, half teaspoonful of flour, two add the onion. Boil and mash the pint of hot milk, six good sized po-spoonful of butter, one teaspoonful of peper. a cupful of sweet milk. When the bread has become thoroughly mois-tand a half teaspoonful of butter in a frying them into the bread and milk one at a time, then fold in the stiffy-a time, then fold in the stiffy-add the flour stirring until smooth buttered baking dish. Bake in a moderate oven until well set. A pleasing variation is to sprinkle the one-third of the salt. Have the meat top of the omelet with grated cheese spoonful of the salt. Have the meat top of the omelet with grated cheese

Founded 1868



are shaken, whose brains are muddled, ideas confused, sleep restless, confidence gone, spirits low and easily depressed, who are backward, hesitating, unable to venture because they are afraid of failure, who want somebody to decide for them, who are weak, puny and restless. It is to men who have part or all of those symptoms, and want new life, new force, new vigor.

## DR. McLAUGHLIN'S ELECTRIC BELT

is no longer an experiment. It is hailed by thousands with loud praise, because it has cured them. "It cured me. I am well and strong as ever What more could one ask?" writes a man with a heart full of gratitude. Do not be in error. This grand appliance is like no other. It is new. It has all the good points that are known in electricity. It gives a power-ful current, but does not burn or blister, because my special cushion electrodes make the current a warm, gentle glow, which exhilarates and relieves at once

Dear Sir,—You can use this testimonial if you wish, for after wearing your Belt for two months, I feel sure I am cured. I believe it is the surest I am, yours truly, F. L. COGHLAN, Edmonton, Alta. and quickest cure known. I feel twice as strong as I did when I left Colling-wood, Ont., which was about two weeks or more ago. Thanking you for your kindness, I remain, WILLIAM SHERWOOD, Brandon, Man.

ear Sir — I am glad to tell you that after using your Belt for forty days

Dear Sir,—Your Belt is great. As soon as I put it on I could feel the glow of warmth in my stomach and back. The Belt is all you claim it to be; in fact, more. It is Nature's own remedy and a good one, for I am feeling twice the man already—no emissions—no pains.—THOMAS MURRAY, 152 Gladstone St., Winnipeg, Man. March 3, 190

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

Dear Sir,-My Indigestion has quite disappeared and my kidneys are free from pain. I no longer feel any weakness in my spine and my appetite has returned, so that I can enjoy as good a meal as any man my size. I have gained five pounds in weight. I am also free from diarrhoea, which was severe during the summer months. I am most thankful to say that the Belt has about cured me of other weaknesses. I believe your Electric Belt is a

I know no better way to prove my confidence in the wonderful curative power of my Belt than to cure you before I ask my pay. Can anything be fairer than that?

My confidence in my method enables me to offer the belt on trial, and one who can offer me reasonable security can use my Belt at my risk and-

## PAY WHEN YOU ARE CURED

I have a nicely-illustrated book which every man should read. I will send it, closely sealed, FREE.

Free Book If you cannot call, then fill out this Coupon, mail it to me, and I will mail you, free, sealed, and in plain envelope, my Book, which contains many things you should know, besides describing and giving the price of the appliance and numerous testimonials. Business transacted by mail, or at offices only .-- No agents.

Now, if you suffer, do not lay this aside and sav you will try it later. Act to-day-NOW.

Put Your Name on this Coupon and send it in. DR. M. D. McLAUGHLIN, 112 Yange St., Toronto, Can. Send me your Free Book, closely sealed, and oblige.

Address

Name.

MA

J.

EAS

KO

Horse Cattle Sheep Annu

An Spl Agric Int by th Unite Specia

JAS.

WIR LASS AVER