

SELECTED RECIPES

In cakes a tablespoon of fresh, clean snow beaten in will take the place of an egg.

Maple Layer Cake.—A delightful maple filling for a layer cake is made by mixing two cups of light brown sug-

ar with one cup of maple syrup and one cup of water, and a third of a teaspoonful of cream of tartar, putting the last in only when, after boiling the other ingredients, a soft ball is formed in water; take immediately off the fire, and beat well till it is cool and smooth; then spread at once on the cake; this may have an edge of walnuts.

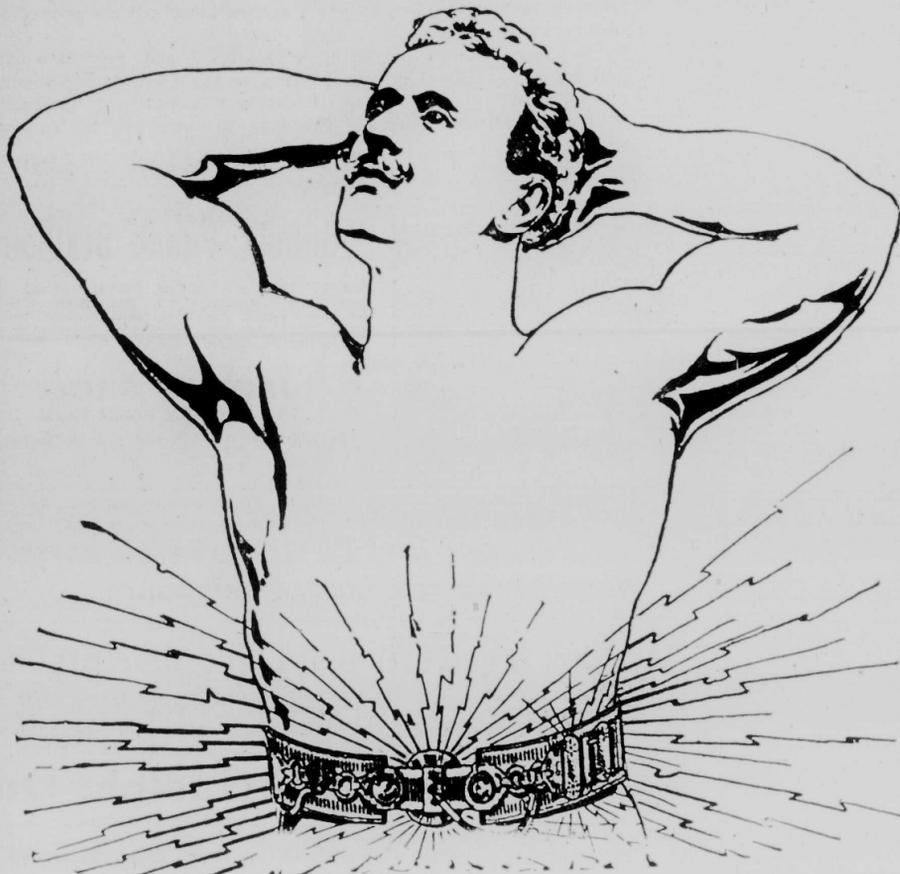
Maple Cream.—Two cups of white sugar and one of brown. Butter, size of egg. Moisten in cup of fresh milk and boil hard for about fifteen minutes.

Stand saucepan in cold water or snow, and beat till it thickens. Vanilla flavoring and chopped walnuts are an improvement. Pour in buttered tins so that it will be an inch thick. Everything depends on the cooking. Let it come to the boil quickly and boil fast.

Rice Snowballs.—Children are usually very fond of this dainty, which is especially suitable for the cold weather. Boil a quarter of a pound of rice in a quart of milk, with a pinch of salt and five tablespoonfuls of white sugar. A

little thin lemon peel is added also. When the rice is tender, and all the milk absorbed, remove the lemon peel, press the rice into small round greased cups, and leave till next day. Then turn out on a glass dish, put a little red jam on each, whip up a little fresh cream till stiff, and place it in a mould on the centre of the dish, with the snowballs round it.

WEAK MEN STOP DRUGGING



and apply Nature's remedy—which is Electricity. Why will you go on from day to day suffering with those pains in the back, shoulders, arms, hips, knees and muscles of the body? Why dose your poor weak stomach with drugs, hoping year after year to find a drug that will cure you? If you have doctored without benefit, if your stomach is ruined from taking drugs and your money wasted in trying useless remedies, then come to me. I have a positive and certain cure for you!

Dr. McLaughlin's Electric Belt

With Free Electric Attachment for Men

Whether it be Nervous Debility, Varicocele, Early Decay, Rheumatism, Lame Back, Lumbago, 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 Belt will remove the cause, and it will never return. That's a better way than making a drug store of your stomach. And who ever saw anybody actually cured by drugs? I tell you drugs don't cure, and if you have tried them you know it. Nearly all of my cured patients tried drugs first.

"When a rich man is sick he calls in his doctor, who writes a prescription and looks wise, and the rich man has confidence that he will be well tomorrow. He is, perhaps, because the doctor can fool nature for a while. But after a while the doctor looks wise, and it doesn't do the rich man any good and the first thing he knows nature demands her price and he has to pay it, as the doctor can help him no more.

"When a poor man gets sick he acts the same way, but he soon gets tired of the doctor's bills and takes his case in his own hands and comes to me. I cure him with Electricity, and that is why my patients are usually poor men. Rich men's doctors will not let them come to me.

"The day is drawing near when physicians who now avoid Electricity because of their belief that it is yet in the experiment stage, will awaken to the fact that while they have been waiting I have been working, and that Electricity as I apply it possesses marvellous curative powers in cases where drugs will only stimulate.

"Some doctors even believe that my appliances do not generate a current. I will pay \$1,000 for one of them that fails to give a powerful current as soon as it touches the body. In days gone by, electric belts used to burn the skin. I guarantee my patients against that. My appliances have soft cushion electrodes which give a glowing heat, but no sting or burn. They have also a regulator to control the current. "I would like to talk to people on this subject in my office. I can quickly demonstrate the truth of my claims."

Here are a few extracts from some recent letters received from my patients:

H. ELLIOTT, 795 Main St., Winnipeg, Man., says: "I consider your belt a boon to suffering humanity, and would not be without one at any price."

S. H. SAGER, Okotoks, Alta., says: "I am cured of Rheumatism; your belt has done its work well. I am satisfied it is the only cure for that disease."

"I sleep better, am more fit and putting on flesh. The parts are getting firm and there is no dragging pain, and more, I have a good appetite and no indigestion, which is remarkable for me; thanks to your belt."—ERNEST E. SAUNDERS, Bresaylor, Sask.

"I am not troubled any more with sick headaches nor weakness, which I suffered from for

ten years"—D. H. BURTON, Magrath, Alta.

MR. J. S. BRYSON, Maple Creek, Sask., says: "I would not be without one of your belts for double the price you ask, and I will gladly recommend it."

MR. ALBERT INGRAM, Faraday, Alta., says: "Since using your belt I have not had a touch of lame back, and I am a much improved man in every way."

MR. N. C. RUSHOE, Lock Manor, Man., says: "My back is stronger, my kidneys work better, my stomach is in good order, and digests the food properly, thanks to your belt."

I TAKE ALL THE CHANCES. You might think I take long chances with my appliances when I say that I will cure you before you pay me. I don't. There is more in electricity when properly applied than you think. I take all chances of curing your case. All I ask is that you give me reasonable security for the price of the Belt, and you can use it at my risk, and

PAY WHEN CURED

Give me a man broken down from excesses, hard work or worry, from any cause which has sapped his vitality. Let him follow my advice for three months, and I will make him as vigorous in every respect as any man of his age.

Send For My Book To-Day

Do you want to feel big, husky and powerful, with your veins full of youthful fire, your eye clear and your muscles strong and active? If you do, fill out this coupon and send it to me and I will send you a book that will inspire you with courage to help yourself. It is full of the things that make people feel like being strong and healthy, and tells of others like yourself who were just as weak once, but are now among nature's best specimens of strong and healthy human beings. Cut out this coupon and send it to-day and get this book, free, sealed, by return mail. Call for free consultation. Office hours, 9 a.m. to 6 p. m. Wednesday and Saturday until 9.00 p.m.

Cut this out	Dr. M. D. McLaughlin	Send It To-day
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