Come into the KITCHEN
Lydia E. Pinkham's
Vegetable Compound

This medicine has the written endorsement of half a million American women.

60% of them bought their first bottle because some friend or neighbor recommended it.

98 out of 100
Report Benefit

During the three trying periods of maturity, maternity and middle life, this medicine proves its worth.

LIQUID — TABLETS — EQUALLY EFFECTIVE

Sold by Druggists

If more convenient, use order blank on page 17.

10,000 BOTTLES A DAY SOLD DURING 1929
COME INTO THE KITCHEN!

Do you remember grandma's big low-ceilinged kitchen with its cheerful red checked tablecloth and the geraniums blooming in the sunny South window? What a place to make corn balls or molasses candy while snowflakes were fluttering against the little window panes!

The modern kitchen has conveniences and luxuries that grandma never dreamed of, but the little bride of today is faced with grandma's problem—what to cook. Try the recipes in this little book. They have been used by other busy housekeepers and we feel sure that your family will like them.

FOR IRREGULARITIES

"I am twenty years old and was irregular. I used to be in bed two or three days at a time with a tired, draggy, lonely feeling. A girl at Columbus heard my story and told me about Lydia E. Pinkham's Vegetable Compound. I took one bottle and noticed the change at once. With this bottle I got a sample of Lydia E. Pinkham's Pills for Constipation. Now during the time I am indisposed I take these pills. They regulate my bowels and I do not have headaches any more. I have also used the Sanative Wash and I recommend all these Pinkham products."

DAISY JERDON, Shelby, Nebraska
EVERYONE should have at least one healthy and natural movement of the bowels every day. This is Nature's way of keeping you well. Waste matter, if allowed to accumulate in the intestines, will send its poison all over the system. Constipation may lead to serious diseases.

Don't give germs a chance. Keep your bowels open with Lydia E. Pinkham's Pills for Constipation.

Coated Pills Easy to swallow

Dependable in their action.

65 PILLS FOR 50 CENTS.

At druggists or by mail.

Lydia E. Pinkham's

PILLS FOR CONSTIPATION
CHOCOLATE MOCHA CAKE

1 egg
1 cup sugar
$\frac{1}{2}$ cup butter
1 cup sour milk
1 tsp. soda
$\frac{1}{2}$ cups flour
2 tbsp. cocoa
Vanilla

Cream the butter, add sugar and beaten egg. Dissolve soda and cocoa in the sour milk and add to the mixture. Work in the flour slowly. Beat 100 times. Place the mixture in a well greased shallow pan and bake in a slow oven.

Mocha Frosting

1 cup confectioner’s sugar
Butter size of an egg
2 tbsp. boiling coffee
2 tbsp. dry cocoa
Vanilla

Cream butter and sugar. Add other ingredients. Beat well.

NEVER FAIL SPICE CAKE

1 cup sugar
1 egg
1 tsp. soda
1 tbsp. shortening
1 tsp. cinnamon
1 cup sour milk
1/2 tsp. cloves
2 cups flour
1/2 tsp. nutmeg
1/4 tsp. salt
1 cup raisins

Cream sugar and shortening. Add egg and milk. Sift all dry ingredients and add to the mixture.

STUFFED APPLES

Select large, tart apples. Core them and pare a ring around the top. Fill the cavity with chopped figs. Sprinkle the pared surface liberally with sugar. Place the apple in a deep baking dish $\frac{1}{4}$ full of water. Bake slowly, basting often. Serve with cream.
IT HELPS WORKING GIRLS

Helen—“You haven’t missed a day this month, Margaret. What have you been taking?”

Margaret—“Lydia E. Pinkham’s Vegetable Compound. Why don’t you try it, too?”

Helen—“How can I take a liquid medicine here in the office?”

Margaret—“You don’t have to, my dear. Get the tablet form. It is just as effective as the liquid and the tablets are chocolate coated, too. Keep a package in your desk, like I do.”

A CONVENIENCE THAT BUSY WOMEN WILL APPRECIATE

Each package of Lydia E. Pinkham’s Vegetable Compound Tablets contains 70 tablets or 35 doses, about the same number of doses as in a bottle of liquid Compound.

CHOCOLATE COATED PLEASANT TO TAKE
HINTS ON MEASURING

Be careful about exact measuring. The success or failure of your cooking may depend upon it.

60 drops ........ 1 teaspoon
2 teaspoons .... 1 dessertspoon
2 dessertspoons . 1 tablespoon
4 teaspoons .... 1 tablespoon
16 tablespoons .... 1 cup
2 cups ............ 1 pint
2 pints ............ 1 quart
2 cups butter or lard . 1 pound
2 cups granulated sugar ........ 1 pound
2 2/3 cups powdered sugar .......... 1 pound
3 1/2 cups confectioner's sugar .... 1 pound
2 2/3 cups brown sugar .............. 1 pound
4 cups flour ................. 1 pound

1. All measures are level. Do not heap your cup or spoon.
2. Butter or other shortening should be packed solidly into the cup.
3. A tablespoonful of melted butter should be melted before measuring.
4. Flour should be sifted before measuring. Fill the cup lightly and level with a knife.
5. A general rule for cake making is to allow one cup of liquid for every two cups of flour.

"COULD NOT STAND ON MY FEET"

"There is no other medicine that has done me so much good as Lydia E. Pinkham's Vegetable Compound. I have used it during pregnancy when I couldn't even stand on my feet or do my housework. I just felt rundown and tired all the time, and so weak I could feel my heart skipping beats. But the Vegetable Compound has given me new strength and built me up. I shall always recommend it where needed."

MRS. JOE BLAHUTA, R.R. 5, Schulenburg, Texas
FROM MOTHER OF TEN

"Your medicine helped me wonderfully. As the mother of ten children I can say I feel as good now as I did with the first one, and I give Lydia E. Pinkham's Vegetable Compound the praise. I was tired and weak from frequent childbirth and I could tell the difference in the first 1/2 bottle. I am a farmer's wife and I do the milking and some field work besides taking care of the children. (My oldest is 16.) When I get rundown, I take the Vegetable Compound again. Yesterday I bought a bottle for my step-mother because I know it will help her at the Change."

MRS. H. P. JOHNSON,
c-o Fred Hess, R. #3, Massillon, Ohio

WORKS IN A TROUSER FACTORY

"Life was a misery to me on account of female weakness. I have worked in a trouser factory for 17 years, and it keeps me working hard and steady eight hours a day. One day another girl said, 'Lydia E. Pinkham's Vegetable Compound is what you need.' So I got a bottle and began to take it according to directions. It has helped me wonderfully and built me up. I never felt better in my life. I can work every day in the factory without my old troubles. Also every Spring, I take a bottle of Lydia E. Pinkham's Herb Medicine for a tonic."

JULIA KLEIN,
1303 Carbon Street, Syracuse, New York

"NEVER FELT BETTER"

"Before my little son Joseph was born, I felt as if I couldn't drag one foot after the other. I remembered how my mother gave me Lydia E. Pinkham's Vegetable Compound thirteen years before. So I took two bottles to build me up before the baby came. After I came home from the hospital I took the Vegetable Compound again. It has regulated me so that neither the baby nor I have suffered from constipation. He is six months old now, lively and strong and his mother never felt better in her life."

MRS. JOHN C. GRAVES,
14 S. Putnam Street, Buffalo, New York
ROCHESTER SANDWICHES

Mash a cream cheese and season with salt and paprika. Spread on thin crisp round chocolate cookies and put together in pairs. Fine for tea.

TARTAR SANDWICHES

Chop together 3 large sardines, 1 cupful boiled ham ground, three small cucumber pickles and add some chow-chow and a little mustard. Mix to a paste with a little ketchup and sugar or lemon juice.

TUTTI FRUTTI SANDWICHES

Chop fine dates, cherries, figs and blanched almonds in equal proportions; moisten with pineapple juice.

ENGLISH SANDWICHES

Grate 1 stick of fine fresh horseradish or use ½ cup of bottled horseradish that has been drained. Pound in mortar with a gill of cream adding ½ teaspoon ground ginger. Work this to paste using a little whipped cream if necessary.

FANCY SANDWICHES

Cut bread in fancy shapes. Spread with any of these fillings:
- Peanuts put through a press and salted.
- English walnuts chopped with raisins.
- Dates and minced lemon peel.
- Watercress and mayonnaise.
- Radishes and lettuce with boiled dressing.
- Dates and blanched almonds.
- Mashed egg yolk and minced pickles.

Pinkham’s Phenrin
Will Break Up a Cold
Of course you know that each article of food should be wrapped separately in waxed paper. Use paper napkins. A small glass jar with a screw cover will hold pudding or salad which otherwise could not be carried in the lunch box. If you can afford it, a thermos bottle is the easiest way to take hot soup or cocoa.

These lunches are delicious and fairly easy to prepare. With milk or cocoa, they make a balanced meal for the child.

1. Crisp rolls, hollowed out and filled with chopped meat or fish, seasoned and moistened with salad dressing. Orange or apple. Cake.

2. Lettuce or celery sandwiches. Cup custard. Ginger bread.


5. Nut bread or brown bread sandwiches (use butter or cream cheese). Orange. Cookies or small frosted cake. Maple sugar or hard candy.

6. Meat sandwiches. Rice or chocolate bread pudding. Fresh fruit or dates.


CINNAMON TOAST

For this you will need a loaf of bread 24 hours old. Remove all crust. Cut bread in 1 inch slices. Cut each slice into four vertical strips. Toast these strips on all four sides. Roll in melted butter first, then in cinnamon and sugar. (Use 2 teaspoonfuls of cinnamon to 1 cup of sugar). Serve hot.

AFTER OPERATION

"I had to have an operation. After that I was weak and nervous for two years. Before I took Lydia E. Pinkham's Vegetable Compound, I could hardly drag myself around the house. I sat down at my work whenever I could. Often I had to give up and lie down. The Vegetable Compound has strengthened me. I can eat things now I never could before. I have gained in weight. My muscles are firm and I do all the work of a seven-room house and take care of my two children. One of my friends took the Vegetable Compound and it has helped her too. I shall be glad to write to women who want to know more about this good medicine."

MRS. ARTHUR WALL,
229-2 Ave., Altoona, Pennsylvania

EXCELLENT AT MIDDLE AGE

"I am 52 years old. I have taken two bottles of Lydia E. Pinkham's Vegetable Compound and it has helped me wonderfully. I used to lie down a lot but now my nerves are better, I feel stronger and I eat and sleep well, I recommend it highly."

MRS. BERTHA THORNE,
8058-1st Ave., N.E., Seattle, Washington
CORN MUFFINS

1 cup corn meal
1 cup white flour
3 tbsp. sugar
3 tsp. baking powder
½ tsp. salt
1½ cups milk
2 tbsp. melted butter
1 egg

Mix dry ingredients. Add milk, egg and butter. Stir well. Bake in muffin pans in a hot oven about 20 minutes.

"HAD TO STAY IN BED"

"My husband’s brother is a doctor. He told us that Lydia E. Pinkham’s Vegetable Compound was the best thing for women he knew of. So my husband got a bottle. I used to have to stay in bed for several days but now my old troubles do not bother me any more."

MRS. P. C. HARRELL,
37 W. College Street, Abbeville, Georgia

DOCTOR ADVISED IT

"Lydia E. Pinkham’s Vegetable Compound has given me new life. My system was run down and my doctor told me to take it."

MRS. O. R. GAMBLE,
617 S. Scott Street, Lima, Ohio

"AT TWO CRITICAL TIMES"

"Lydia E. Pinkham’s Vegetable Compound has helped me at two critical times. The first was when I was weak and sickly at the age of fifteen. Then after my first baby was born I was nervous and rundown again. I started taking the Vegetable Compound to build me up. I feel fine now and full of pep."

MRS. EDWARD SANGBUSCH,
West Main Street, Attica, New York
NUT BREAD

2 cups graham flour
1 cup white flour
$\frac{1}{2}$ cup molasses
$1\frac{1}{2}$ tsp. salt
$1\frac{1}{2}$ cups milk (sweet)
3 tsp. baking powder
1 egg
$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup nut meats cut fine

Mix flour, baking powder, salt and nut meats. Break egg in milk and add to dry ingredients with molasses. Place in regular bread pan and allow it to raise 20 minutes. Bake 50 minutes.

For circular sandwiches, bake in one pound Baking Powder tin. Grease well. Cream cheese is delicious for filling in nut-bread sandwiches.

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Do you use

LYDIA E. PINKHAM'S SANATIVE WASH?

Cleansing-Healing-
Antiseptic and Deodorant
for vaginal douches

Hospital Tested
Endorsed by Doctors and Nurses
MOTHERS RECOMMEND LYDIA E. PINKHAM’S VEGETABLE COMPOUND

“My mother gave me Lydia E. Pinkham’s Vegetable Compound when I came into womanhood. After the baby’s birth I suffered from all sorts of troubles and I was afraid I had tuberculosis. Nothing seemed to help me until I started taking your medicines. I used Lydia E. Pinkham’s Vegetable Compound, also the Sanative Wash and the Herb Medicine (formerly called Blood Medicine). It takes time when anyone is rundown, nervous and ailing as I was but after two years I felt completely well. I work hard now from sun up to sun down. I have three step-children, my own child nearly five and another baby which I never expected to have. If any woman will write to me I can tell her more about my case.”

MRS. D. C. HITE,
338 N.W. Highway, Arlington Heights, Illinois

“COULDN’T TAKE CARE OF THE BABY”

“I was nervous and rundown, I couldn’t eat or sleep or take care of the baby, I was so weak. I read about Lydia E. Pinkham’s Vegetable Compound and thought I would try it. I feel strong now, have gained weight and can do all my housework and take care of the baby.”

MRS. E. FABIAN,
433 East 73 Street, New York, N. Y.

DIZZY AND BLIND SPELLS

“Before the baby came, I was very dizzy and had blind spells. One of the neighbors told me to take your medicine. Since taking it, I am not so nervous and dizzy and I can do my work. A while ago I could not sleep, but now I can sleep in the afternoon as well as if it were night. I will always praise Lydia E. Pinkham’s Vegetable Compound.”

MRS. C. C. BURTON, Chesapeake Beach, Maryland
SANDWICH LOAF FOR SUNDAY NIGHT

Get a sandwich loaf of bread and cut off all the crusts. Cut through center lengthwise, then cut the two sections again lengthwise.

Filling: \( \frac{1}{2} \) lb. cooked ham ground with 1 small can of pimientos. Mix with salad dressing until smooth. This is for first and last filling.

Center Filling: 2 hard boiled eggs—4 small sweet or sour pickles. Salad dressing to mix. This is for center filling.

Butter the sections of bread thoroughly with soft butter, add fillings not letting it go quite to the edge of bread. Cover the whole loaf with cream cheese that has been softened by using a little cream with it. It can be wrapped in wax paper and chilled in ice box. Serve by cutting inch slices as ice cream. Use fork to eat it.

Garnish with lettuce—celery mixed or any way.

Requires 3 small cream cheeses or \( \frac{1}{2} \) lb. cheese for filling.

“MISERABLE MOST OF THE TIME”

“I felt miserable most of the time. I could not do much work without my back hurting. I was very irregular and this caused all sorts of troubles. One day I went to another doctor and he told me to take Lydia E. Pinkham’s Vegetable Compound. I did and I feel like a different woman. I will answer all letters I receive asking about this medicine.”

MRS. ALLEN SUMMERS,
Box 123, Piave, Mississippi

If Lydia E. Pinkham’s Vegetable Compound helps you
TELL YOUR FRIENDS ABOUT IT
**CHOCOLATE BREAD PUDDING**

3 slices bread  
2 tbsp. cocoa  
1/3 cup hot water  
1 pt. milk  
2 eggs  
1/3 cup sugar  
Pinch salt  
1 tsp. vanilla

Put bread and cocoa in a baking dish. Pour hot water over it. When softened, mash fine. Mix milk, beaten eggs, salt, sugar and vanilla. Pour this mixture over the bread. Bake 1/2 hour in moderate oven. Serve with whipped cream.

**COCOANUT BREAD PUDDING**

3 slices bread  
1 pt. milk  
2 eggs  
1/2 cup sugar  
1/2 cup shredded cocoanut  
1 tsp. lemon

Soak bread in milk. Add yolks of eggs, cocoanut, sugar (save out 2 tsp.) and flavoring. Bake 1/2 hour. When cool, cover with a meringue made of the stiffly beaten whites of two eggs and the 2 tsp. sugar. Put back in oven to brown.

Top each serving with a spoonful of red currant (or any bright colored) jelly.

**HAD FAINTING SPELLS**

“For five years at the Change I had nervous, weak, fainting spells and could not do my work. I read in a Lydia E. Pinkham pamphlet how Lydia E. Pinkham’s Vegetable Compound had helped others. I then decided to try it and after taking fifteen bottles of your Compound I was a completely changed woman. Now I am doing my own house work and gaining in weight. My weak fainting spells are over. I gladly recommend it to any woman.”

ANNA ARNOLD,  
548 So. Clay St., Louisville, Kentucky
BRAMBLES

Pastry
2 1/2 cups pastry flour
1/2 cup shortening
1 egg
Water to moisten

Filling (uncooked)
1 egg
1 cup sugar
Juice one lemon
1 cup chopped raisins
1 rolled cracker

Cut pastry with the cover of a coffee can. Place a spoonful of the filling on one half. Fold the other side over like a turnover. Moisten edges and press together.

FRUIT ROLLS

Cut above pastry in 4 inch squares. Sprinkle with chopped raisins and walnuts. Roll like a jelly roll, press ends together, and bake.

THIS TRADEMARK ON A PRODUCT

is a guarantee of its worth

If Lydia E. Pinkham were alive today, she would be 110 years old. Her descendants continue to manufacture her famous Vegetable Compound and other medicines and the integrity of four generations is behind the products.

Sold by Druggists Everywhere
Hospital Tested

LYDIA E. PINKHAM'S SANATIVE WASH has been tested in the hospital under the doctor's supervision. It is highly recommended as a cleansing, non-irritating antiseptic for vaginal douches.

As a deodorant, it prevents embarrassment.

For Sale at drug stores.

Large bottle 50 cents.

LYDIA E. PINKHAM'S SANATIVE WASH
Order Blank

LYDIA E. PINKHAM MEDICINE CO.,
271 Western Avenue,
Lynn, Massachusetts.

Please send me the remedies I have checked.

☐ LYDIA E. PINKHAM'S VEGETABLE COMPOUND (LIQUID) (14 oz.) .............. @ $1.50

☐ LYDIA E. PINKHAM'S VEGETABLE COMPOUND TABLETS (70 tablets) ............. @ 1.50

☐ LYDIA E. PINKHAM'S HERB MEDICINE (14 oz.) ........................................ @ 1.50

☐ LYDIA E. PINKHAM'S PILLS FOR CONSTIPATION (65 Pills to a bottle) ........... @ .50

☐ LYDIA E. PINKHAM'S SANATIVE WASH (new large 4 oz. size) ................. @ .50

☐ LYDIA E. PINKHAM'S PHENRIN TABLETS (12 tablets) .......................... @ .25

☐ LYDIA E. PINKHAM'S PILE SUPPOSITORIES ........................................... @ .50

I enclose ................. in payment

Name .................................................................

Street Address ............................................................

Town .................................................. State ......................

It is safer to send check or money order.
SUGAR COOKIES

1 1/2 cups sugar
3/4 cup shortening
3 tsp. baking powder
2 eggs
1 cup milk
Nutmeg or Vanilla
Pastry flour enough to handle. Cream shortening, add sugar and cream until light. Add beaten eggs and beat well. Add milk and enough flour so they can be rolled to 1/4-inch thickness. Cut with cookie cutter and bake until golden brown.

ROLLED OAT COOKIES

1/2 cup shortening
1 cup brown sugar
1 egg
1/2 cup milk
1 1/2 cups rolled oats
1 cup chopped raisins
1/2 cup chopped nuts
1 1/2 cups flour
1/2 tsp. salt
1/2 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ginger

Cream shortening, adding sugar gradually. Then add beaten egg, milk, rolled oats, raisins and nuts. Mix and sift dry ingredients before adding to the mixture. Drop from a spoon about two inches apart on a well greased pan. Bake about 15 minutes.

MOLASSES COOKIES

1 cup sugar
1 cup molasses
1 cup shortening
1/2 cup warm water
1 tsp. soda
1 tsp. sour milk
1 tsp. ginger
1 tsp. salt
Pastry flour to roll thin.

Heat molasses, sugar and shortening. Pour into mixing bowl to cool. Then add soda dissolved in warm water, sour milk and dry ingredients sifted together. Knead well and roll very thin.
Now you can—

CARRY YOUR MEDICINE WITH YOU!

For over fifty years women have depended upon Lydia E. Pinkham's Vegetable Compound to carry them through the trying periods of their lives. Its beneficial action has helped young women when they are entering womanhood. It has helped mothers to regain their strength after childbirth, to care for their children and attend to their housework. It has helped older women at Change of Life.

Now you can purchase this famous medicine in convenient tablet form. Each package contains 70 tablets or 35 doses, the same number of doses contained in a bottle of the liquid medicine. Slip a package into your handbag. Take your medicine at regular intervals according to directions, wherever you are—shopping, travelling, at the theater or at your desk in the office.

Easy to Swallow—Convenient to Carry

CHOCOLATE COATED TABLETS

JUST AS EFFECTIVE AS THE LIQUID

FROM MOTHER OF ELEVEN

"Ever since I was a child I have heard of Lydia E. Pinkham's Vegetable Compound. I am from Massachusetts myself. After my fifth child was born I felt miserable but your medicine helped me then. I have had six more children and I took it before each of them was born. I am now 47 and my nerves are bothering me. I intend to take the Vegetable Compound all through this period. I would not be without it in the house, for I think it is wonderful for women. You may use my name and I will write to any woman and tell her what I know about this medicine."

MRS. MAUD OLSEN,
929-39 St., Brooklyn, New York
SALADS

Next time you have iceberg lettuce to prepare, snip out the stem and let the entire head stand in cold water while you are making the salad. The leaves will loosen easily and be crisp and delicious.

After washing, wrap lettuce leaves in a towel and place on ice until needed. The towel absorbs the moisture.

Never chop onion into a salad. If you like the flavor, either rub the salad bowl with onion or draw your knife through the onion before slicing the other vegetables.

FRUIT SALAD

Cut orange, banana and pineapple in small pieces and arrange on a crisp lettuce leaf. Cover with Fruit Salad Dressing.

FRUIT SALAD DRESSING

Juice 2 oranges and 2 lemons
2 eggs 1 cup sugar

Cook until thick. When cold, place in refrigerator until needed. This mixture keeps well. When you want to use it, add Whipped Cream. One half pint will be required for this quantity.

ANOTHER GRATEFUL WOMAN

“I started taking Lydia E. Pinkham’s Vegetable Compound about three months ago, I have gained strength and have less pain at certain periods. In fact, I feel better than I have for years. I recommend the Vegetable Compound every opportunity that comes my way.”

MRS. EDNA ROBERTS,
520½ Laveta Terrace, Los Angeles, California
CUP CAKES FOR TEA

1/2 cup shortening
1 1/2 cups sugar
1 cup milk
1 tsp. vanilla
3 egg whites
2 1/4 cups sifted flour
3 tsp. baking powder
1/2 tsp. salt

Cream sugar and shortening. Sift flour, baking powder, and salt several times. Add to first mixture alternately with milk. Add vanilla and stiffly beaten egg whites. Bake in cup cake pans.

Frost with boiled frosting to which 2 squares of melted chocolate have been added.

FILLED COOKIES

1/2 cup butter
1 cup sugar
1 beaten egg
1/2 cup milk
3 tsp. baking powder
1 tsp. salt
1 tsp. vanilla
3 cups flour

Cream butter and sugar. Add egg and stir well before adding milk and vanilla. Then add flour into which the salt and baking powder have been sifted.

FILLING

3/4 cup sugar
1 cup chopped raisins
1 cup boiling water
1 1/2 tbsp. flour
1/4 tsp. salt

Cook this mixture until thick.

Roll cookies thin and cut in pairs. On one cookie place a teaspoonful of the filling. Moisten the edge with cold water. Cover with the other cookie and press together.

If you cannot obtain the Lydia E. Pinkham’s Medicines at your drug store, use the order blank on page 17 and your order will receive prompt attention.
THE CHARM OF HEALTH

There are many types of attractive women but no woman can be truly beautiful unless she is healthy. Radiant vitality is always attractive however plain a woman’s features may be. Hundreds of women have improved their health by taking Lydia E. Pinkham’s Vegetable Compound. As their health improved they found to their delight that their complexities were clearer, their color better and their eyes brighter. Glowing health brings beauty.

If you are not as well as you want to be, if you are weak, nervous or run-down, give Lydia E. Pinkham’s Vegetable Compound a fair trial. Take at least three bottles. It will tone up your whole system and help you to eat better, sleep better and feel better.

LOOKS BETTER, FEELS BETTER

“No one knows what a terrible condition I was in. I had two children. After the second one was born I suffered from stomach trouble, nervousness and insomnia. For five years I doctored and took different medicines until I despaired of ever getting well. Finally a friend told me about Lydia E. Pinkham’s Vegetable Compound and I tried that. I am now on my seventh bottle. It has helped my nerves wonderfully. I sleep now at night and I have gained in many ways. I look better and feel better. If I had known of this medicine before, I could have saved hundreds of dollars which I spent for medicines that did me no good.”

MRS. EDMOND D. FERDON,
411-5th Ave. South, St. Petersburg, Florida

Have You a Copy of
LYDIA E. PINKHAM’S TEXT BOOK?
(See offer inside back cover)
PANDOWDY

Peel and core several tart apples. Cut each apple into eight sections and fill a pudding dish with sections. Sprinkle with sugar (allow 1 tablespoonful to each apple). Mix 1 tablespoonful of water and ¼ teaspoonful lemon extract and sprinkle the mixture over the apples. Put a bit of butter here and there. Cover with pie crust and bake an hour.

Serve with whipped cream.

CARROT MARMALADE

1½ lbs. carrots  
3 lemons  
Equal amount of sugar

Wash and scrape carrots. Put them through food chopper and cook until tender, using enough water to cover. Wash lemons, remove rinds and run through the grinder. Divide into sections, removing seeds and pulpy skin.

Combine these two mixtures and add an equal amount of sugar. Boil until it jells.

FRUIT BUTTER

1 lb. figs  
1 lb. raisins  
2 lbs. dates  
1 cup chopped walnuts

Remove date stones. Put all ingredients through the meat chopper, using the coarse cutter. Add 2 cups of water and boil 20 minutes in a double boiler.

This is delicious for sandwiches or cake filling. In a cool place, it will keep a long time.

BY ACCURATE RECORD

98 out of every 100 women who report that they have taken Lydia E. Pinkham's Vegetable Compound, tell us that the medicine has helped them. Why don't you try it?
NEVER WITHOUT IT

"I am never without Lydia E. Pinkham’s Vegetable Compound in the house. A little booklet left at my door led me to purchase my first bottle. With its help I passed through a critical period and never knew an ill effect. I persuaded my son’s wife to take the Vegetable Compound after she lost her first baby and now she is strong and healthy and has a dear little daughter. I have also recommended it to young girls in my household. One of them used to have fainting spells at certain times. When she left here to be married she was entirely well. I hope she has not forgotten about the Vegetable Compound. I never destroy one of your booklets. I have a whole library of them."

MRS. HENRY H. BATES,
111 Alden Ave., New Haven, Connecticut

FOUR DAUGHTERS TAKE IT, TOO

"My four daughters and myself have used Lydia E. Pinkham’s Vegetable Compound for years. For seven years I suffered at the Change but when I began to take the Vegetable Compound, it brought me through that critical period. It helped me so much that my girls decided to take it, too. I am 62 now and active for my age. Some people think I am only 50. I do all the housework, wash, iron and bake and also take care of a 15 months old baby. I am glad to have you use my testimonial."

MRS. M. J. SAUNDERS,
1664 Webb Avenue, Detroit, Michigan

"BEFORE MY BABY WAS BORN"

"I took Lydia E. Pinkham’s Vegetable Compound before my baby was born and I must say it did wonders for me. I was always tired and had no appetite and every morning I felt sick. My mother-in-law recommended the Vegetable Compound and after taking two bottles I felt 100% better. I was working in an office at the time and was able to go to work every day. My baby weighed ten pounds and is very healthy."

MRS. BARBARA HOUDEK,
3691 E. 52nd Street, Cleveland, Ohio
DATE WHIP

Cook 1 cup stoned and chopped dates in boiling water until tender. Press through a sieve. Beat 3 egg whites until stiff. Add 1/2 cup sugar, 1 tablespoonful lemon juice and 1/2 teaspoonful salt. Carefully fold in the date pulp. Pile lightly on a buttered baking dish and bake 30 minutes in a moderate oven.

Serve with soft custard or whipped cream.

DATE STICKS

Beat 3 eggs well. Add 1 cup sugar, 1 teaspoon vanilla, 1 cup walnuts broken in pieces, 1 cup dates. Then beat in 1 1/2 cups flour, 2 level teaspoons baking powder and a pinch of salt. Have dough 1/2 inch deep.

Bake in moderately hot oven. Cut into bars while warm and shake in a bag of confectionery sugar.

“IT IS ALL YOU CLAIM FOR IT”

“I really believe that Lydia E. Pinkham’s Vegetable Compound helped to save my life. Owing to bereavement and other troubles I was reduced to nervous prostration. I could hardly bear anyone to speak to me and I had to lie down most of the time. Nothing seemed to help me until I read about your Vegetable Compound in a pamphlet left at my door. From the very first it seemed to help my nerves and I could sleep better. Gradually I began to gain and I am so thankful that I can work for my family of four. Your medicine is all you claim for it and you may use my name to advertise it.”

DORA HOHSTADT,
220 North Main Street, Memphis, Missouri
CARAMEL PUDDING

Caramelize one-half cup sugar. (Put in spider and melt until a golden brown.) Remove from stove and add 2 tablespoonfuls hot water to keep from hardening.

4 eggs
1 pt. milk
1 tsp. vanilla

Beat eggs, warm milk, stir in eggs and caramel and flavoring.
Bake in oven like custard.

UPSIDE DOWN CAKE

Put 8 tablespoonfuls of brown sugar in a frying pan with 5 tablespoonfuls of pineapple juice and a piece of butter size of an egg. Cook until it forms a thick syrup, then set aside to cool. When cool, place pieces of pineapple, cherries and nuts in the syrup.

Make a sponge cake mixture and pour into the frying pan on top of the syrup and fruit. Bake ½ hour in the frying pan. Turn out of pan while hot.

“WAS A NERVOUS WRECK”

“I was a nervous wreck. I would jump at the least noise and I was so weak and miserable that I was in bed one day and up the next. One day my mother said to me, ‘Why don’t you try Lydia E. Pinkham’s Vegetable Compound?’ So I did. I took eight or ten bottles before I stopped. Now I can do all my housework and go down town shopping all day. I sleep well at night and I am in fine condition.”

MRS. REBA G. CRISWELL,
3109 Coldspring Ave., Baltimore, Maryland

ASK FOR LYDIA E. PINKHAM’S VEGETABLE COMPOUND TABLETS
Chocolate coated—just as effective as the liquid
A convenient form of medication
LIFE'S SUNNY AFTERNOON

With her children grown up the middle-aged woman finds time to do the things she never had time to do before—read the new books, see the new plays, enjoy her grandchildren, take an active part in church and civic affairs. Far from being pushed aside by the younger set she finds a full rich life of her own. That is, if her health is good.

Thousands of women of middle age say they owe their vigor and health to Lydia E. Pinkham's Vegetable Compound. Those who have learned through their own experience the merit of this old reliable root and herb medicine are enthusiastic in recommending it to their friends and neighbors.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine during Change of Life.

FOR HOT FLASHES

"I was rundown, felt tired in the mornings when I got up, didn't sleep well and was nervous. Had hot flashes till I would have to go where I could get fresh air. I have taken nearly three bottles of Lydia E. Pinkham's Vegetable Compound and feel better, don't have hot flashes so bad and sleep better."

MRS. IDA E. LEWIS,
4213 Newport Avenue, Ft. Wayne, Indiana

NERVOUS AND FAINTING Spells

"I had nervous spells and fainting spells on account of the Change. I could hardly keep house for myself and a blind husband. I feel stronger since taking your Vegetable Compound and I am telling my friends how good it is."

MRS. A. FEHRENBACH,
924-29th Avenue, So., Seattle, Washington
WHOLESALE CANDIES

PENOUCHE

1 lb. light brown sugar
2/3 cup milk
1 tbsp. butter
1 tsp. vanilla
2/3 cup chopped nuts
Pinch salt

Boil sugar, milk and butter in a saucepan for 15 minutes or until it forms a soft ball in cold water. Remove from fire and beat until it begins to thicken.

Stir in vanilla, nuts and salt. Pour into well buttered pan to cool. Cut in squares.

PEANUT BUTTER FUDGE

Cook together 2 cups granulated sugar, 2 tablespoonfuls peanut butter and 1/2 cup milk until it forms a soft ball when dropped into cold water. Add 1/2 teaspoonful vanilla, cool and beat until creamy. Pour into a buttered pie plate and when nearly cold cut in small squares.

PEANUT BRITTLE

1 cup sugar
1 cup roasted peanuts

Melt sugar, stirring constantly. When a golden brown, add chopped or whole peanuts. Pour into hot buttered pan.

PUFFED RICE BALLS

Boil together 1 cup sugar, 1/2 cup molasses and 1/2 cup vinegar until it hardens in cold water. Pour this over the contents of a box of puffed rice. Stir well. Butter your fingers and mould the mixture into soft balls.

BUTTERSCOTCH

2 cups brown sugar
2 tbsp. vinegar
4 tbsp. cold water
1/2 cup butter
1/2 cup butter

Boil until it hardens when dropped into cold water. Flavor with 1/2 teaspoonful vanilla and pour into buttered tin to harden.
DAINTY women know how important it is to keep clean inside as well as outside.

LYDIA E. PINKHAM'S SANATIVE WASH is a cleansing, healing, refreshing antiseptic for vaginal douches. As a deodorant, it prevents embarrassment.

HOSPITAL TESTED
Used by women for 40 years. Recent improvements make the treatment more simple and more effective.

Large bottle—50 cents.

At druggists or by mail—

LYDIA E. PINKHAM'S SANATIVE WASH
LOUISIANA SHRIMP
Cook 1 tbsp. chopped onion in 2 tbsp. butter. Thicken with 1 tbsp. flour.
Add 1 cup cooked rice
1 can shrimp
½ can tomato soup
(or a little more)
½ can (small) evaporated milk
Cook until it boils up, stirring constantly. Season with salt, pepper and paprika.

“A DOCTOR IN ITSELF”
“I find that your medicine is a doctor in itself. After my last baby was born two years ago, I suffered with terrible pains in the lower part of my back and nervous headaches at certain times. I remembered how much Lydia E. Pinkham’s Vegetable Compound had relieved me as a young girl. So I began taking it again, going by the directions on the bottle. I feel like a different person and now I can do my housework, take care of three children and I often sew until 11 P.M. I have one of your calendars in my kitchen. My friends often notice it and in this way we get talking about the Vegetable Compound and I tell everyone how good it is.”

MRS. GEORGE KLOBERDAUZ,
418 E. 152 Street, New York City

STRENGTHENED AFTER OPERATION
“I bet no one can get better medicine than Lydia E. Pinkham’s Vegetable Compound! I had an operation and I became very weak and tired. I have taken the Compound for two months and it made me much stronger. I sleep better and I am able to work every day in the mill. I am not afraid to tell my friends about the Vegetable Compound and I will answer letters asking about my case.”

MARY JEANNE CORMIER,
150 Nash Road, New Bedford, Massachusetts
MAPLE WALNUT CREAM PUDDING

2 cups milk
1 cup maple syrup
2 tbsp. cornstarch
1 cup cream
¼ tsp. salt
2 eggs
1 cup chopped nuts

Heat 1½ cups of milk in double boiler with 1 cup syrup. Mix rest of milk, cornstarch and salt and stir into mixture. Cook and then add beaten eggs. Cook a few more minutes and add nuts. Serve with whipped cream.

USED TO BE A NURSE

"Whenever I have a sick spell, I think of Lydia E. Pinkham's Vegetable Compound, take a few bottles and it builds up my whole system. I used to be a nurse and I recommend this medicine for nervous, weak and rundown women."

MRS. CONRAD WITTIG,
134 E. Adams Street, McAdoo, Pennsylvania

FIRST BOTTLE HELPED HER

"The first three months before the baby came, I was not able to do any work, my stomach was so unsettled. I doctored but got no relief. My friends advised me to take Lydia E. Pinkham's Vegetable Compound. While on the first bottle, I began to eat and to work. I think this medicine is the best thing for women in this condition."

MRS. GERTRUDE WOOD,
R #6—Box 101 C, McMinnville, Tennessee

98 out of 100 Women Report Benefit after taking LYDIA E. PINKHAM'S VEGETABLE COMPOUND

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LYDIA E. PINKHAM’S HERB MEDICINE

is a reliable general tonic, equally good for men and women. It takes the place of Grandma’s sulphur and molasses in the Spring and is much more pleasant to the taste. Keep it in the medicine chest and give it to the whole family—parents and children—at any time through the year when they need such a medicine.

HUMORS AND ERUPTIONS

are among the most common indications and results of a run-down condition. Such eruptions are unpleasant, often embarrassing, and give the face an unhealthy appearance. They are not usually especially serious or dangerous. More serious results may come, however, at any time from the accumulated impurities which they indicate.

GOOD HOME TREATMENT

is necessary. Eat plain, nutritious and easily digested food. Get plenty of sleep and fresh air. Take Lydia E. Pinkham’s Herb Medicine one-half hour before meals. If constipation is present—as it often is—take Lydia E. Pinkham’s Pills for Constipation. The Herb Medicine works in harmony with both the Vegetable Compound and the Pills for Constipation.

Lydia E. Pinkham Medicine Company
Lynn, Mass.
We Have a Gift for You

If you will answer the questions below, we shall be glad to send you free of charge, a metal Hot Dish Mat to protect your dining table.

Mail to
LYDIA E. PINKHAM MEDICINE CO.
LYNN, MASSACHUSETTS

How many copies of this book were left where you found this one? ........................................

Where did you find this copy? ......................

Have you seen other copies of this book in stores or otherwise wasted? ..............................

If so, please explain what you have seen ....

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Shall we send you, with the hot dish mat
LYDIA E. PINKHAM'S TEXT BOOK? ....

Name ......................................................

Street Address .........................................

City ...................................................... State ...........................................
Lydia E. Pinkham's Vegetable Compound Tablets!

For the convenience of busy women, Lydia E. Pinkham's Vegetable Compound is now sold in tablet form. Each bottle contains 70 tablets, or 35 doses. About the same number of doses as in a bottle of liquid medicine.

Chocolate Coated

Carry your medicine with you. Take it regularly wherever you are.

Just as effective as the liquid compound.

Lydia E. Pinkham Medicine Company
Lynn, Mass.