98 Out of Every 100 Women Benefited

An Absolutely Reliable Statement
Important to Every Woman

Remarkable Results Shown by a Nation Wide Canvas of Women Purchasers of Lydia E. Pinkham’s Vegetable Compound.
Over 200,000 Women Answer.

For some time a circular has been enclosed with each bottle of our medicine bearing this question: “Have you received benefit from taking Lydia E. Pinkham’s Vegetable Compound?”

Replies, to date, have been received from over 200,000 women answering that question. 98 per cent of which say YES. That means that 98 out of every 100 women who take the medicine for the ailments for which it is recommended are benefited by it.

This is a most remarkable record of efficiency. We doubt if any other medicine in the world equals it. Think of it — only two women out of 100 received no benefit — 98 successes out of a possible 100. Did you ever hear of anything like it? We must admit that we, ourselves, are astonished.

Of course we know that our medicine does benefit the large majority of women who take it. But that only two out of 100 received no benefit is most astonishing.

It only goes to prove, however, that a medicine specialized for certain definite ailments — not a cure all — one that is made by the most scientific process; not from drugs, but from a combination of nature’s roots and herbs, can and does do more good than hastily prepared prescriptions.

You see, we have been making, improving and refining this medicine for over 50 years until it is so perfect and so well adapted to women’s needs that it actually has the virtue to benefit 98 out of every 100 women who take it. Its reliability and recognized efficiency has gained for it a sale in almost every country in the world — leading all others.

Such evidence should induce every woman suffering from any ailment peculiar to her sex to try Lydia E. Pinkham’s Vegetable Compound and see if she can’t be one of the 98.

THE LYDIA E. PINKHAM MEDICINE CO., Lynn, Mass.
CHILDHOOD IS PLAYTIME

Remember those Summer nights when you used to play “Run, sheep, run” on the corner until it was nine o’clock and you saw your father coming to hunt you up? Remember the Winter nights when the blizzard howled outside, and you children, snug and warm in the kitchen, played Parchesi and ate pop-corn until your mother said you mustn’t eat any more? In the Spring, long before the mud dried up, you were out with your “glassies” and your jump-ropes. Childhood and playtime — how they go together!

It would be fascinating to study the history of familiar games and sports. Think of the Olympic games, three thousand years old. Winter sports are a new recreation to us, but the northern peoples have been skiing for generations and in the Philippines, where snow never falls, the natives learned long ago to grease their runners and toboggan down the grassy slopes. When the Pilgrims sailed, the children of England were playing “Oats, Peas, Beans and Barley Grow.” Our children sing “On the Green Carpet” to that same tune.

Only healthy children play. In Europe and the Near East there are thousands of little children who do not know how to play. Under-nourished, with stunted bodies and dulled brains, they are the “innocent aftermath of War.” Taken into orphanages, they are taught to play, for play makes firm muscles and rosy cheeks. Games teach team-work and good sportsmanship. Football builds for character.

We are better equipped to play the Game of Life when we are physically fit. Ill-health is always a handicap. For over fifty years Lydia E. Pinkham’s medicines have been helping thousands of people to get well and to keep well. The Vegetable Compound is for women and girls, the Blood Medicine and the Liver Pills are for everybody.

Have you tried them?
“ROUND-UP”

This is a very lively out-of-doors game. Any number of players may take part. Choose sides, dividing the strength equally, each side choosing a leader. One side is called “horses” and the other “riders.” The horses are driven out on the range by the riders, the boundaries for the range being decided before the game starts. The horses are given time to get into hiding-places and the “Round-up” begins. Each rider is supposed to bring in at least one horse to the goal. If more than half of the horses are driven in, the game is won by the “riders.” If half of them or less are driven in, the game is won by the "horses" and the players change sides.

WHEN A GIRL BEGINS TO DEVELOP

into a woman, ignorance or carelessness may cause many things to interfere with the process. At no time does a girl need more care than from the time she reaches the age of 12 years until womanhood is established. Many a woman has suffered years of misery because she was allowed to lift heavy articles or overwork when a young girl, and weakness of the generative organs developed. Lydia E. Pinkham’s Vegetable Compound has great power to strengthen these organs so that they will work in a normal and healthy manner.

“THE GIRLS TOLD HER”

“My daughter complained of backache and pains, was nervous, had no appetite and could not sleep nights. She said she was weak but I hardly believed her until she told me not to force her to go to work. The trouble began while she was going to school and the doctor gave her medicine but it did her no good. When she went to work the girls told her to get some of Lydia E. Pinkham’s Vegetable Compound and told her that it was very good and had brought them to health. She came home and told me about it. I said, ‘Go and get a bottle of it and try it’ and she did. She got one bottle after another and got good results from it. She eats more, sleeps well and she now gets her monthly period. She is able to go to work every day and comes home with a big smile. I have recommended the Vegetable Compound to all the mothers I know.’”

MRS. KNITTER,
872 Sobieski Street, Milwaukee, Wisconsin.
“GAME OF DAYS”

This is a good game for seven players. As each one is named for a day of the week, one player calls himself “Monday,” another “Tuesday” and so on until all seven players are named. All stand in line opposite a high wall or a high fence. The leader throws a ball to the wall and then calls the name of any player he wishes to catch it. If “Monday” is called, that player must have the ball safe in his hands by the time the leader counts “ten” out loud. If “Monday” is not quick enough, or if he misses the ball, he loses his turn, and the leader throws the ball again. Then he calls for another catcher.

SOME WOMEN ARE WEAK

almost from birth and if nothing is done to help them they go through life in a half dead-and-alive state, never knowing the joy of being strong and healthy. Lydia E. Pinkham’s Vegetable Compound is a good medicine to strengthen the whole system. At maturity it is especially good as it acts directly upon the organs involved at this time. A persistent use of it will bring about a steady gain in health which is most satisfactory.

“I WAS SICK MUCH OF THE TIME”

“When I was about 14 years old I was sick much of the time. For at least a week before my monthly period, all the time during it and for some time after it, I was sick, so that there were only a very few days when I felt good. I was sick to my stomach, was weak, had headaches and backache and felt as though I didn’t care whether I lived or died. It was this way about six months before I took the Vegetable Compound. A friend told me about it and as I had been under the doctor’s care for three months and was getting worse all the time, I decided to try it. After taking eight bottles of Lydia E. Pinkham’s Vegetable Compound I was quite well and able to go to school again. Before taking it I couldn’t go to school and was not able to do anything. I have recommended the Vegetable Compound to my friends and I have taken Lydia E. Pinkham’s Liver Pills and like them. I am willing to answer letters from women asking about the medicine.”

MISS LELA MOON,
R. No. 4. Grand Ledge, Michigan.
"BUCK THE INDIAN"

Two captains are chosen and they choose sides until two long lines are formed. They face each other, holding hands tightly. One captain calls the name of one of his strongest boys, and this boy runs and hurls himself between two boys of the opposing side. If he succeeds in breaking through, he takes back with him the two boys whom he separated. If he is unsuccessful, he must join the enemy's side. This is kept up, each side taking a turn, until all the boys are on one side, the captain included.

IF YOU HAVE A MOTHER
to advise you about your health, give her advice the closest attention. You may 'just hate to take medicine' and to rest, and to stay at home from school or work, but your mother has probably been through the same experience you are now having, and she has learned what should be done.

Lydia E. Pinkham's Vegetable Compound has been taken by girls and women for fifty years for troubles at menstruation. It is being used by the third generation and it gives relief and strength.

"MY MOTHER'S ADVICE"

"A few years ago I had troubles every month such as girls often have, and would suffer awfully every time. I was teaching school and it made it hard for me as I had to go to bed for two or three days. One day my mother suggested that I take Lydia E. Pinkham's Vegetable Compound, which I did, and it did wonders for me. In the course of a year I married and after my first baby was born I got up too soon and it caused a displacement. This troubled me so that I could hardly walk or do my housework. I knew what the Vegetable Compound did for me before so I took it again. It strengthened me and I now have five little kiddies. The oldest is six, the baby is five months old and I have twin boys three years old and a boy of five years. I do all my own housework, washing and ironing, and I never felt better in my life. I owe my health to your wonderful medicine and I recommend it to all my friends."

MRS. VERBENA CARPENTER, 127 2nd Avenue, Evanston, Wyoming.
"BUTTON, BUTTON"

Seat a row of players on each side of a long table, with each row’s leader in the middle. A button as large as a 50 cent piece is given one leader. All the hands on that side of the table are put under it, while the leader passes the button to some one on his side, or keeps it, misleading the other side as to its place by talk and actions. The opposite leader orders "Hands up." All hands on the "button" side must be laid flat on the table, palms down, the button under one of them. All must help, by actions and words, to keep the secret of the button’s hiding-place. The opposite leader tries to discover it, watching faces and consulting with his helpers. His object is to order one hand after another turned over and taken from the table without uncovering the button. Jokes, tones, laughter, glances, any means, may be used to discover the button or to throw the hunters off the scent. Only the opposite leader can order up a hand. The hands still down when the button shows, are counted scored for the "button" side, and the button crosses the table.

EVERY YOUNG WOMAN

should be taught the importance of regularity of the menstruation and the necessity for care when the menses are due. She should be careful not to overwork, not to become too tired and to keep her feet warm and dry. Late hours are as debilitating as hard work. She needs plenty of sleep and rest. If the flow is not normal she might need to rest in bed until it is. Lydia E. Pinkham’s Vegetable Compound is so effective for weakness of the organs of the pelvis that it should always be taken when there is irregularity.

“GOT GOOD RESULTS”

"I was weak and irregular, with pains and headaches and could not sleep nights. I learned about Lydia E. Pinkham’s Vegetable Compound by reading the letters in the newspapers and I tried it because I wanted to get better. I have got good results from it as I feel a lot stronger and am more regular. I tell my neighbors what kind of medicine I am taking and you may use my letter as a help to others."

MRS. JAMES RACHO,
Box 12, Dublin, Ontario, Canada.
"FRUIT GAME"

The players all sit in a row. The one who is "It" stands facing the players. Then he names each of the players a fruit, such as pear, peach, apple, etc. When each player is named he must call three times the name of some fruit: if pear, he says, "Pear, pear, pear," as fast as he can, while the player who has that name must repeat it at once. If he fails to do this, or says it too late, he must be "It."

SCHOOL GIRLS

dread the menstrual period because of the heavy pains which often accompany it. Home remedies, even a doctor's care, frequently do not cure this condition in a growing girl. Mothers are always interested in their daughter's health and should read what Lydia E. Pinkham's Vegetable Compound does for girls as well as for older women. It is a root and herb medicine and can be taken in perfect safety by any schoolgirl.

"A BIG CHANGE"

"I want to tell you how much good your medicine has done my daughter. Before she started taking your medicine she was in a nervous run-down condition, so that she could hardly sleep at night. She always had a pain in her side and sometimes cramps so that she would have to go to bed. She is a school-girl and was going to school only half the time because she was so weak and run-down she could not stand it to walk there, some days. She was this way three or four years. She had been reading your advertisements in the different newspapers and she noticed that some of the girls and women had suffered just as she did. So she is taking Lydia E. Pinkham's Vegetable Compound and is a lot better. With the first bottle everybody could see a big change. She can go to school every day and can eat just as much as any one else, when before she did not have any appetite. We have told others about the medicine and we are perfectly willing for you to use these facts as a testimonial. We are also willing to answer letters from other women concerning the help my daughter has received from the Vegetable Compound."

MRS. JOSEPH BETTON,
Ridgely, Maryland.
“CALL BALL”

All form in a circle, but one player with the ball stands in the center. The center man throws the ball up and calls the name of some one in the circle who must catch the ball before it falls. If the one called catches the ball before it falls, he returns to his place in the circle; but if he fails he has to take the center man’s place and throw the ball.

This is for outside play so that many can take part.

“CIRCLE BALL”

All form in a circle with about four feet between each two players. The ball is tossed across the circle from one to another. No regular order is observed in tossing so that every one has to be on the alert to catch the ball that might come his way. Any one missing a ball thrown to him must sit down. This is best played with a soft ball.

GIRLS WORK

in mills, offices, factories, stores and kitchens all over this land and often work far beyond their strength at certain times. Frequently such a girl is the only bread-winner of the family and she must continue to work daily even through her back aches and she throbs with pain. Lydia E. Pinkham’s Vegetable Compound gives health and strength to girls and women and grateful letters tell of these results.

“WORK WITHOUT THAT TIRED FEELING”

“I am writing to tell you how wonderfully Lydia E. Pinkham’s Vegetable Compound has helped me. I was terribly run-down and was always too tired and dragged out to do anything. Every day I dreaded the thought of going to work and I suffered with cramps at my periods until my mother told me one day that I must try your medicine. After I had taken four bottles of it I noticed that I worked without getting that tired feeling and I no longer suffer from cramps. I have taken fourteen bottles of it now, and I am a different girl. I recommend the Vegetable Compound to my friends and I freely give you permission to use this letter as a testimonial.”

ELsie Bethel,
3438 F St., Philadelphia, Pa.
“POSTOFFICE”

This is a good game to play in a school-room. The children stand in two rows on opposite sides of the room. A letter is given to the first child in each row with the instructions to have it reach its destination, the last child in the row, as quickly as possible. The command “one, two, three; go!” is given by the teacher or another pupil. These two children run around the room and pass the letter to the next child, who does the same. This is repeated until all of the children on each side have run. The game is won by the side that gets its letter to its destination first.

PHYSICALLY PERFECT WOMEN

who suffer no pains are rare. Most women are troubled more or less with backache and menstrual ailments of various kinds—irregularities and weak feelings, nervousness, hysteria and headaches. These are real and serious troubles and should be treated as such. Lydia E. Pinkham’s Vegetable Compound is doing a wonderful work for women by strengthening the organs in the pelvis and by acting as a tonic to the whole system. 98 out of every 100 women report that it helps them.

“MY HUSBAND ADVISED ME”

“I always had a pain in my right side from the time I was 15 years old and after my children were born it got worse and finally got so bad that at times I could hardly stand on my feet. I also had a great deal of pain during menstruation and was much run-down. If I did any amount of work in the house during the day I would be so tired by night and have so much pain that I would not know what to do. My husband saw Lydia E. Pinkham’s Vegetable Compound advertised and so highly spoken of, that he advised me to take it and I have taken three bottles and feel fine. I also like Lydia E. Pinkham’s Liver Pills for constipation. I will recommend your medicines to all my friends who have the same troubles and I will answer any questions by those who write to me because I know the help I have received.”

MRS. JOHN FOY,
“BLOWING THE CONE”

Make a large cone of stiff paper and slip it on a string stretched between two trees about three feet from the ground. Give each child a try to see if by blowing into the large end of the cone he can send it the length of the string. The art is to see who can send it over with the fewest “blows.”

Another very good amusement is to tie a knot in a clothesline and stretch it conveniently high between two trees or posts, blind-fold each child in turn and give them all clothes pins which are numbered consecutively. Then see who can come nearest the knot.

EVERY MOTHER

realizes that her baby’s health depends upon her own; that the vitality of her child is influenced by her own physical condition. Lydia E. Pinkham’s Vegetable Compound has brought health and strength to thousands of mothers who have many things to learn about their health and often have no near relative to whom they can go with their troubles.

“I OFTEN WENT WITHOUT EATING”

“I have received great benefit from Lydia E. Pinkham’s Vegetable Compound and am still taking it and I praise it to every woman who is in pregnancy. About six months ago I was all run-down. I was a walking skeleton. I could not eat and I was not able to do my own housework, although there is only my husband and myself. I was very nervous and so cross there was no living with me. I would have morning sickness and most of the time I could not keep anything on my stomach. I would feel so miserable after I ate that I guess I often went without eating when I should have eaten. I got so sick and weak that I had to go to bed and my dear mother came. She had my husband get a bottle of your great medicine, Lydia E. Pinkham’s Vegetable Compound, and it brought me back to health. I am feeling fine, do my own housework and am very seldom tired. Wherever I go I speak of the Vegetable Compound and I hope you will use this letter as a testimonial.”

MRS. CHARLES FLOWERS,
Kasota, Minnesota.
"CENTER BALL"

The participants form a circle with one person in the center. The one in the center holds the ball and tosses it to some one in the circle and then runs outside the circle. The one catching the ball must place the ball in the center and then try to catch the one who threw the ball. If the one who threw the ball can get back and touch the ball in the center before being tagged she is free and can take her place in the circle while the tagger becomes center and tosses the ball. If the one who threw the ball was caught she would have to toss the ball a second time. Any one in the circle can catch the ball but must not move out of place to get it.

WE EARNESTLY URGE

every prospective mother to give Lydia E. Pinkham's Vegetable Compound a trial. We believe if she will begin to take it as soon as she finds herself in this condition, and will continue its use throughout the entire period, she may avoid the complications of labor, prevent an excessive amount of pain, preserve and restore her full health, and give birth to a healthy child.

"SAID I WAS TOO WEAK"

"I have a baby girl born March 24th, and I know I would not have carried her through if I had not taken your medicine. I had flooding spells at three months and went to the doctor. She told me that she thought I would have a miscarriage because she said that I was too weak. I had a friend who took Lydia E. Pinkham's Vegetable Compound and she told me how it had helped her so I thought I would try it as the medicine the doctor gave me had not helped me. I always read the books that are left at my door, and keep them, so I knew it had helped women in different ways. As soon as I began taking it I felt better and stronger and by taking it I have my dear little girl. She weighed 6¾ pounds at birth and is getting along fine. I also feel good. I have told friends about the Vegetable Compound and they are being helped too. I always read your books and keep them."

MRS. FRANK BOJARSKI,
1527 Friendsbury St., Baltimore, Maryland.
"WATER-SPRITE"

The players stand in two lines, facing each other, with an open space, representing a river, between. One player, representing the water-sprite, stands in the middle of the river and beckons to one on the bank to cross. This one signals to a third player on the opposite bank.

The two from the banks then run across to exchange places, the water-sprite trying to tag one of them. If the water-sprite is successful, he changes places with the one tagged.

AN INTERESTING FACT

about Lydia E. Pinkham's Vegetable Compound is that women not only write us about their experiences with the medicine but they like to tell other women, their friends and neighbors, about it.

"COULD NOT SLEEP OR REST"

"Lydia E. Pinkham's Vegetable Compound is a medicine I certainly like to recommend. Before my child was born I could not sleep or rest at all. I had terrible pains in my sides and back, weak and nervous feelings from time to time, and constant headaches. A neighbor told me of your wonderful medicine and I tried one bottle and got such good results that I took five before my baby was born. I am now 20 years old and have a big 22 pound girl. I have called her 'Lydia Ann' in honor of the good your wonderful medicine did. I recommend the Vegetable Compound every chance I have and am willing to answer any letters I get."

MRS. RHODA HENDRIX,
727 S. Alabama St., Brazil, Indiana.

"I have given Lydia E. Pinkham's Vegetable Compound a trial of five months and I feel a whole lot better than I did and have a fine baby boy and came out fine. I was not able to do my washing and was afraid of walking too much for fear of missing as I had lost three children that way. I saw the Vegetable Compound advertised in the newspapers and it gave me strength so that I have a strong, healthy baby boy who weighs 21 pounds at six months."

MRS. ALBINA KOWALSKI,
5302 Filo Ave., Cleveland, Ohio.
“FIVE POINTS”

Pile together as many sheets of paper as there are persons to play. Scatter on the upper one, at random, five grains of rice. Prick with a pin, without disturbing the rice, five holes through the spots where the rice has fallen. You will then have a number of sheets of paper each containing five pin holes arranged in the same order. The game consists in each person drawing a figure which shall come within the points, using one for the head, two for the hands and two for the feet. A great variety of amusing figures and attitudes will be the result.

SOME WOMEN

use up so much energy in their work that they are often worn out before they realize their condition. Lydia E. Pinkham’s Vegetable Compound is excellent for working women to take regularly. Lydia E. Pinkham’s Blood Medicine is for the blood.

“CONSULTED OUR DRUGGIST”

“My daughter was run-down from overwork in the schoolroom and suffered so much with pains in her sides and with cramps that I knew something had to be done. I had seen Lydia E. Pinkham’s Vegetable Compound advertised for years and consulted our druggist and got it for her. That was nearly three months ago and now she is teaching again and feels fine and has gained in weight. We recommend the Vegetable Compound to other mothers with daughters who have similar troubles, and are willing for you to use this testimonial letter in any way you please.”

MRS. P. H. RUTHERFORD,
Cordell, Oklahoma.

“FOR POOR BLOOD”

“I operate a power-machine and I had pains in my legs and back. A friend told me to take Lydia E. Pinkham’s Blood Medicine and it stopped the pains and I recommend it now myself. Others in my family have taken it for pains and poor blood. Before I took this medicine I was taking medicine from the doctor all the time. I am willing for you to use these facts as a testimonial.”

MRS. MARY B. BROOKS,
1305 West Lake St., Chicago, Illinois.
"CIRCLE PULL"

Mark with chalk a circle that measures four feet across on the floor of your gymnasium. All the players then join hands and make a ring outside of the circle. At a given signal the boys begin to pull, trying to make one of the boys step inside the circle. To avoid doing this the boy who feels himself being pulled, may step sideways, jump all the way across the circle or drag one of the other boys into it. The boy who stays outside the circle longest wins the game.

WILL-POWER ALONE

cannot overcome a nervous, despondent condition. Lydia E. Pinkham’s Vegetable Compound has been used very successfully in cases of nervous weakness to give strength and tone to the system and to bring back a condition of health. Lydia E. Pinkham’s Blood Medicine is for the blood and can be taken in alternate doses with the Vegetable Compound. Let your food be easily digestible and be out in the fresh air and sunshine as much as possible. A change of air and scene is desirable when it can be arranged.

"COULD NOT SLEEP NOR EAT"

“I had a nervous breakdown, as it is called, with severe pains in my back and legs and with fainting spells which left me very weak. I was nervous and could not sleep nor eat as I should and spent much of my time in bed. I was in this state, more or less, for over two years before Lydia E. Pinkham’s Vegetable Compound was recommended to me by my neighbor. Before I had taken five doses I was sitting up in bed and when the first bottle was taken I was out of bed and able to walk around the house. During my sickness I had been obliged to get some one to look after my home for me but thanks to the Vegetable Compound I am now able to look after my home myself. I have taken Lydia E. Pinkham’s Blood Medicine in turn with the Vegetable Compound and I certainly recommend these medicines to any one who is not enjoying good health. I am quite willing for you to use these facts as a testimonial.”

MRS. J. SHEPHERD,
130 Jos. Janisse Ave., Ford, Ontario, Canada.
“HIDDEN CITIES”

A good game for a party that can sit around a large table is to give each person a small envelope in which are a few separate letters of the alphabet, which, when properly arranged, will spell the name of a city.

A certain time limit is given and those who have found the names are asked to tell something about the city that they have found, where it is and what it is famous for, or something about it. As a rule it is better to take the names of cities mentioned in the Bible, as it is a better test of a child’s knowledge.

WORKING WOMEN

know that their health is their best asset, but many of them have nervous feelings which they cannot get rid of. These feelings are usually caused by some weakness of the female organs. Lydia E. Pinkham’s Vegetable Compound is always recommended by women who have taken it. They know it acts upon these organs to strengthen them.

Lydia E. Pinkham’s Blood Medicine is the best blood medicine for everybody — man, woman or child. It is good for the whole family and is a reliable preparation for any one who needs such a medicine.

“STANDING ALL DAY”

“I was nervous and run-down and so weak that I would feel like crying most of the time. I was this way for ten years, from the time I began to grow up. One of my friends in Canada started to take Lydia E. Pinkham’s Vegetable Compound and she told me that it helped her, so I tried one bottle and am now taking the third bottle. I feel fine and have gained eight pounds. I have no more headache and eat most anything and sleep well all night long. I am working in a factory, packing, standing all day long. I walk morning and night and the distance is most a mile. It seems so good to be feeling so well. It makes me feel young. I have recommended the Vegetable Compound to some of my friends and my husband is taking Lydia E. Pinkham’s Blood Medicine and it seems to help him. You can use this letter if you think it will interest others.”

MRS. ALEX. DARGIS,
266 Maine St., Indian Orchard, Massachusetts.
"JUGGLING BALL"

One player is selected as the juggling captain. The rest of the party are catchers. The game requires three balls. The captain throws these, one at a time, in quick succession, in a vertical line, as high as he can pitch. One of the party tries to catch them as they come down, scarcely a second apart. Catching one ball scores five points, two balls fifteen points and all three, thirty points. One hundred points closes the game. The captain pitches until each has had a turn. The one scoring one hundred first becomes the next captain.

THAT TERRIBLE BACKACHE

from which so many women suffer is usually caused either from overwork, a strain or from inflammation of the generative organs. Lydia E. Pinkham's Vegetable Compound is excellent in such cases and should be taken regularly every day. While taking the medicine be careful not to overdo in any way. Wait until your health is restored before you do an extra amount of work or anything that causes extreme fatigue. Take Lydia E. Pinkham's Liver Pills to keep your bowels open.

"A REMARKABLE IMPROVEMENT"

"The great help your Vegetable Compound has been to me prompts me to write you a note of thanks. Ever since the birth of my last baby (who is now five years old) I had suffered from female troubles and severe pains in the back and sides. It was so bad that I could not bend forward and straighten up again without torture. Though I received careful medical attention, it seemed that all efforts to recuperate proved futile. Having read about Lydia E. Pinkham's Vegetable Compound in the newspapers and also having had it recommended to me, I decided to try it. I noticed a remarkable improvement after the fourth bottle but I continued taking it. Having taken 10 bottles and my health is so improved that I can perform my household duties in a most satisfactory manner. I recommend the Vegetable Compound to my friends and I am willing to answer letters from women asking about it."

MRS. B. WEINBERG,
Whitewater, Wisconsin.
"NEW BLIND-MAN'S BUFF"

Seat the players in a circle with the blind man in the center on a chair for "teacher." A word from a well-known song is given to each player, for instance, take "Way Down Upon the Sewanee River" etc., and when the teacher says "Begin," the one at the top of the circle sings his or her word. If the voice is recognized, the teacher takes his place. Two guesses are allowed the teacher as to "Who is Who."

THERE IS LITTLE DIFFICULTY

in relieving bearing-down pains and backache if the trouble is taken in time. Lydia E. Pinkham’s Vegetable Compound is what women have been taking for this trouble for over fifty years.

"THEY SURE HELPED ME"

"I was bothered with a weakness for a year and a half then I had a miscarriage. I got run-down and could not eat and was so weak I could hardly go. My husband had to lay off from his work and do mine. No medicine helped me until I took Lydia E. Pinkham’s Vegetable Compound Tablets and Lydia E. Pinkham’s Blood Medicine. They sure helped me."

MRS DORIS BENNETT,
1009 W. 3rd St., Ottumwa, Iowa.

"THINKS IT IS WONDERFUL"

"I have always wanted to tell you what a good medicine I think the Vegetable Compound is. Over two years ago I became weak and run-down and my back hurt all the time. I was not able to do even my light housework. I went to see my family doctor and he treated me for over a month and kept telling me I was better. I didn’t feel any better and my back was weaker than before. A friend kept begging me to take Lydia E. Pinkham’s Vegetable Compound and after I had almost given up hope I got a bottle and began taking it. Before I had taken all of the first bottle I began to feel better and to do some housework. I kept on until I had taken 10 bottles and I felt fine. My husband thinks Vegetable Compound is wonderful and whenever I look tired or run-down he gets me a bottle and I am soon feeling good again."

MRS. MYRTLE CHAMBERS,
F and Shortel Sts., Oklahoma City, Oklahoma.
"SEA URCHIN TAG"

To play this you will not need to know how to swim. The one who is "it" takes a bean-bag (made of water-proof cloth and a handful of small cork stopples) and tries to hit one of the other players by tossing it at him. If he does hit any other player that player in his turn becomes "it" and must chase all the others. Any one who has tried this in shallow water will know that it is a very exciting and novel way of playing tag.

A FEW WORDS

to women born between 1873 and 1880. You are at the time of life which is called "The Change" and you are having some bad feelings which other women tell you always come at this time. Lydia E. Pinkham's Vegetable Compound is the best medicine known for women of your age. Ask your friends if they have not heard other women say so. Take it as directed on the bottle. Get out in pleasant company all you can and give attention to your bowels that they move every day. Take Lydia E. Pinkham's Liver Pills for that purpose.

"IT DOES ALL IT CLAIMS TO DO"

"I have given your medicine a fair trial (I am on my fifth bottle) and can truthfully say that it has helped me. I am at the Change of Life and was not able to sleep nights, had indigestion, palpitation of the heart, pains in my right and left sides, (more so if I hurried), had a beating in my left ear and dreaded to see night come. I felt smothered if I lay on my left side, I had gas dreadfully, at times felt as if some one had me by the throat, had hot waves through me and sometimes would shake in spells of nervousness. I am taking Lydia E. Pinkham's Vegetable Compound and I cannot praise it enough. I can say it does all it claims to do and I can recommend it to my friends. I sleep much better, the pains in my sides are gone, I am not so nervous, my indigestion is better and I very seldom have the hot waves. I must say that the Vegetable Compound is the best medicine for woman's ills and I will answer letters from women asking about it."

MRS. JOSEPH MAYER, SR.,
Box 36, Litchfield, Connecticut.
“PILLOW CLIMBING”

On the floor lay numerous cushions, and ask who will volunteer to walk over the floor without touching them. Then cover her eyes and let her make her way, depending on her memory to guide her steps. While she is having her eyes covered, quietly remove the articles, leaving the floor clear, and much amusement results from the efforts of the volunteer to avoid the fancied obstructions.

**WORRY AND “THE BLUES”**

are usually linked together and in many cases are due to some derangement of the organs in the pelvis which if not corrected may lead to more serious ailments. If you have pains and soreness in your sides, if you feel cross and irritable when obliged to stand upon your feet for any length of time, get **Lydia E. Pinkham’s Vegetable Compound** and take it until you feel well and strong.

“I am writing to tell you how much good your wonderful medicine has done me. I suffered continually with backache, nervous headaches and an all-dragged-out feeling. In fact I was all run-down. I read a little book which was sent to me and thought I would try **Lydia E. Pinkham’s Vegetable Compound**. I am now feeling fine, no more pains and as lively as a cricket.”

**MRS. A. MONTROSE**,  
90 Court Street, Newark, New Jersey.

**“I COULD NOT DO MY WORK”**

“I got so run-down and weak that I could not do my work. After I had my baby boy I was still worse — had headaches, always a discharge, so melancholy that I didn’t know what to do. I saw your advertisement and on my own accord I tried **Lydia E. Pinkham’s Vegetable Compound**. I took five bottles and I seem a great deal better. I am nice and fat, can do my housework, washing and ironing and I even go out helping others. The doctors had all told me to go through an operation but of course I had three children to look after and I just let it go. The **Vegetable Compound** gave me great relief and I have started taking **Lydia E. Pinkham’s Blood Medicine**. I recommend these medicines very highly to my friends.”

**MRS. WM. BERNHART**,  
415 Locust St., Reading, Pennsylvania.
“LIVING STATUES”
This game is played quite simply by any number of players, and all the apparatus needed is an ordinary tennis ball. The players stand in a circle, one has the ball. This he throws to the next player, and that to the next, and so on, around the circle. Every player to whom the ball is thrown must catch it, and if it is missed the player must stand for the rest of the game in exactly the position he was in when the ball was missed.

WHY NOT ASK
a neighbor about Lydia E. Pinkham’s Vegetable Compound if you are not in good health and are thinking of taking it? Among your neighbors and friends you can count many who have taken this medicine for troubles common to women.

“MY NEIGHBORS REMARK THE CHANGE”
“For several years I was troubled with pains in my back, dull headaches, no ambition for more than a little housework, and was nervous, depressed and irritable and had bad dreams. I had heard of your medicines from neighbors and others, here and there, who had taken the Vegetable Compound and received much benefit and I had also had the little books come to my home. I personally know of one woman who took the medicine constantly before confinement. Two years ago I took as directed Lydia E. Pinkham’s Vegetable Compound and Lydia E. Pinkham’s Blood Medicine alternately, taking in all 14 bottles. I am entirely cured of backache and other weaknesses and give Lydia Pinkham’s medicines the credit. All my friends and neighbors remark the change in me. I take every opportunity to tell others how your medicines have helped me but I always impress on them that a spoonful now and again is not giving this wonderful medicine a chance; that they should keep on taking it, not just one bottle or two, and they will obtain good results; namely, Good Health. I will conclude by saying that many more women would take it if they knew how it strengthens and builds up the generative organs. I am willing to answer letters from women asking about the Vegetable Compound.”

MRS. MARY CANFIELD,
"PAIRS"

Each boy chooses a partner except one who pretends he is a lawyer and walks up and down the room in front of the pairs, asking questions of any one he pleases. The answers to his questions must be made not by the one addressed, but by his partner. For instance, the lawyer says, "What is your favorite occupation?" to the boy. His partner answers, "Dressing dolls." He may ask a girl, "What do you like best to do?" and the boy by her side answers, "Play leap-frog" or some other masculine sport. Any one answering out of turn must pay a forfeit.

SURPRISING RESULTS

come from only a few bottles of Lydia E. Pinkham's Vegetable Compound in cases where the trouble is taken in time. Women naturally shrink from going to a hospital and if a course of treatment at home will benefit them they should give it a good trial. If you have pains and soreness in your sides, if you feel cross and irritable and have backaches and bearing-down pains when obliged to stand upon your feet for any length of time, take Lydia E. Pinkham's Vegetable Compound. It is sold by nearly all druggists.

"HE STOPPED AT THE DRUG-STORE"

"I was all run-down, tired out and had pains in my back and bearing-down pains, I was so sore I could hardly drag myself around and was not able to do a bit of housework. My husband worked all day in the shop and then came home and helped me at night. The doctors said I had a female weakness and there was no help but to be operated upon and of course that would cost us a great deal of money. My husband heard about Lydia E. Pinkham's Vegetable Compound at the factory and one night he stopped at the drugstore and bought me a bottle of it. I had begun to think there was no help for me but I took three bottles of it and now I feel like myself once more. The price for three bottles wasn't so much as the doctor charges for one visit. I cannot praise Lydia E. Pinkham's Vegetable Compound enough and I hope it will do the same for others as it has for me. I know it will if they will give it a chance."

MRS. DORA OSBORNE,
430 Sherman Avenue, South Bend, Indiana.
"INDOOR TILTING MATCH"
To play this game you will need, first of all, to make some soft-headed spears in imitation of those used by the old-time knights. Use a light pole, preferably bamboo, and put a soft pad on the end. The knights in this tilting match stand on barrels or empty wooden boxes about eight feet apart, and the match consists in putting the knights off these standards. Some one should stand behind each player to save him from to hard a knock if he falls. If a knight loses his spear, the opposing knight makes five points. If he is floored, his opponent makes ten points. One hundred points wins a match.

THE INCREASED WORK
which pregnancy imposes upon the physical system is naturally a strain and needs sound health and the best possible condition of the organs involved. Lydia E. Pinkham’s Vegetable Compound with its special action upon these organs is of great value at this time. When taken regularly it should prove a safeguard against complications. Lydia E. Pinkham’s Liver Pills will promote free action of the bowels.

"LIVED ONLY A FEW HOURS"
"I want to thank you for the help your wonderful medicine has given me. I had one boy 10 years old and we wanted another but the other children lived only a few hours. I was in a nervous, run-down condition with some female weakness—a white discharge and itching—for at least two years. My sister bought the first bottle of Lydia E. Pinkham’s Vegetable Compound for me seven years ago and as it had helped me then I began taking it again with Lydia E. Pinkham’s Blood Medicine and the Liver Pills, while I was carrying this baby. He is a lovely healthy boy and of course I nurse him. I am in better health myself than I have ever been since I was married and I lay it all to Providence that guided me to take your medicine. I thank you again and I am telling every one I see about the Vegetable Compound and what is has done for me. I will be very glad to answer letters from any woman I can help, as I am so happy over my baby boy."

MRS. FRANK DERBY,
172 Adams St., Rutland, Vermont.
21
"PEANUT GAMES"

Hang a paper bag of peanuts to a limb, and let each child have two trials at bursting it open. Blind-fold them, one at a time, turn each one around twice, then let them try their luck. Often the bag hangs perfectly safe, unopened, when dozens of children have tried to break it. If one does break it, divide the nuts among the youngsters, and hang up another one.

A guessing game is pleasing for a change from the more active sports. Arrange the children in a circle, and put a pile of peanuts in the center, on the ground. Let every one take a good look at them, then cover them over, and have each child guess, in turn, how many there were. The guesses are all kept on a card and after all have tried their luck, the peanuts are counted, and the winner adds them to his store.

CHILDLESS WIVES

dragged down by pains and suffering from female ills, have taken Lydia E. Pinkham's Vegetable Compound and had most happy results. The pains and weakness have been overcome, nervous and despondent feelings have been driven away, and strength has come back to the parts which were formerly weak or diseased.

"I LOVE CHILDREN"

"In the first place I wanted a baby but none came to me. I just love children and my husband is away all day so I was not happy at all. A doctor told me I could not have a baby until I had been to a hospital, but my two sisters said, 'Take Lydia E. Pinkham's Vegetable Compound and you will be O.K.' I was nervous, had an organic weakness with backache, side-ache, headache and no strength. I was not well for about a year but I had been in bed nearly a week when I began taking the Vegetable Compound. It was all that ever helped me and I just wish you could see my beautiful baby girl. I am in fine health now and so is she. I am still taking the medicine as it keeps me well. You may be sure that I am recommending the Vegetable Compound and always will."

MRS. A. W. HOWE,
Bridport, Vermont.
"PEANUT GAMES" (Continued)

Another guessing game is to have a necklace made of peanuts. Hold it up, let every one see it, then guess how many peanuts were used in making it. The lucky guesser receives and wears the necklace.

A peanut race is very funny. Have two rows of peanuts placed on the ground, the same number and the same distance apart. Two children start for the goal. They must pick up the peanuts as they go, in the row assigned to them, and the one who reaches the end first is victor, unless he has omitted to pick up a nut or two which is often the case.

COMING HOME FROM WORK

sick, is discouraging, but when to this is added the doctor's bill and the prospect of a stay in the hospital, is it any wonder that women work when they are physically unfit? That they think it the lesser evil to continue enduring pain? Letters come to us from women who are helped without going to a hospital. They take Lydia E. Pinkham's Vegetable Compound regularly and persistently every day until their condition is improved.

"WHEN I WORKED IN THE FACTORY"

"I suffered for six years and was always under the doctor's care, paying out a lot of money every week and never getting help. When I worked in the factory I had to come home for I could not stand the pains in my right side. I went to the doctor and he said I must have an operation or I could not have another child. Then I met a lady who tells every one to take Lydia E. Pinkham's Vegetable Compound and I took her advice. I now have a fine baby girl three months old. I have told all my friends about it for they have often wondered why I had no more children in the past seven years and I told them about my female trouble and your medicine. I am 32 years old and I feel just like 20 since I took the Vegetable Compound. You can use this letter for a testimonial and I am willing to answer letters from women asking about your medicine."

MRS. JOHN CAVANNA,
300 Chaton St., Newark, New Jersey.
23
“SQUAT TAG”

This is a jolly, simple game. The one who is “it” must give a certain number of squats and kings; thus, he might say, “two squats and three kings.” Then he starts to chase the rest of the players. When the players squat or have kings they can’t be tagged. They must use their squats or kings one after another, but when they are all used up they can’t have any more. As soon as one is tagged he must be “it” and give some number of squats and kings.

IF YOU READ

the newspapers you must often see copies of the letters sent to us by women who have taken Lydia E. Pinkham’s Vegetable Compound. These women will answer your letters if you write to them asking about the Vegetable Compound and what it has done for them.

“MY TRUE AND TRIED FRIEND”

“I had great pains and swelling in my sides, pains so bad at times that I could not do my housework or stand on my feet for weeks and I was in a very nervous condition. I saw an advertisement in a Cleveland paper and read the testimonial letter about Lydia E. Pinkham’s Vegetable Compound. I had great relief from the first bottle and I tell all my friends what the Vegetable Compound has done for me. I wish every suffering woman in the land would try this wonderful medicine. It is my true and tried friend and I shall continue its use because I believe and know it helps me. I want to help other women all I can and I am willing to answer letters from women and tell them what the Vegetable Compound has done for me.”

MRS. C. E. PALMER,
247 Champion St., Battle Creek, Michigan.

“After my second child was born in 1919 I was a wreck and I had sinking spells for about a year. My husband induced me to take Lydia E. Pinkham’s Vegetable Compound and six bottles certainly helped me wonderfully and I always praise it. I still take it when I get run-down and weak. I wish every ailing woman would give it a trial.”

MRS. ANDREW SMITH,
306 Prince St., Pekin, Illinois.
“BASKET OF FRUIT”

The boys and girls sit around the room in a circle. Each one is named a fruit, such as “peach,” “pear,” “apple,” etc. One stands in the center of the room. She calls out, “Peach and pear change” and the ones named “Peach” and “Pear” change seats, — the one in the center trying to get one of the chairs while the change is being made. Occasionally the one in the center calls “Basket of fruit” then every one changes seats. If the one in the center gets a chair she remains there and the one losing calls from the center.

WHEN YOU NEED MEDICINE

take it regularly and persistently until it has had time to do its work. If you take Lydia E. Pinkham’s medicines in this way, you will get results. If you are troubled at the time of your menstrual flow with the bad feelings which often accompany this condition, do not feel that you are doing all you should to help yourself unless you take the medicine regularly as directed on the bottle. Do not work too hard when your health begins to improve, and continue with the medicine as long as you get results from it. If the flow is too long continued, take Lydia E. Pinkham’s Vegetable Compound in the tablet form. For your blood, take Lydia E. Pinkham’s Blood Medicine.

“I SHALL CONTINUE THEM”

“I was completely run-down, had headache, dizzy, faint feelings and other troubles women often have. I was so nervous that I couldn’t keep still. I did not know what I was saying or doing part of the time. I was in bed a month and had the doctor. When I got up around the house again I wasn’t feeling as I should. As I had taken Lydia E. Pinkham’s Vegetable Compound before, my husband said to take it again. I have now taken Lydia E. Pinkham’s Blood Medicine, the Liver Pills and six boxes of Lydia E. Pinkham’s Vegetable Compound Tablets. I am feeling very good now and shall continue taking them for a while. I have been telling my cousin about the medicine and she wants to take it too. I always recommend it. You may publish my letter if you wish to do so.”

MRS. HENRY C. SMITH,
R. F. D. No. 3, Box 6, Bridgeport, Connecticut.
THE TRAVELING SALESMAN

The boys and girls are sitting around the room. A pillow is placed in the middle of the floor. Some one is chosen to give each one the name of a city, and secretly she gives each one the name “Buffalo.” She then explains that a salesman will come in and when he mentions the name of their city in his conversation, that “city” must try to grab the pillow before the salesman, or pay a forfeit. The one chosen for salesman starts his story by saying he visited this city (giving a name) and that city and after mentioning several different cities he says he finally “ended his trip at Buffalo” and every one in the room makes a grab for the pillow.

A REGULAR FAMILY MEDICINE

for the women of the family — that is Lydia E. Pinkham’s Vegetable Compound. When you are a young girl your mother gives it to you to strengthen you and help relieve menstrual pains. When you have a family of your own, you do the same. Just remember that 98 out of every 100 women who take it say it helps them.

“I STILL TAKE IT”

“When I was first coming into womanhood I suffered terribly every month. My mother did everything she could think of, so she took me to several doctors and they only helped me a little. Mother was talking to another lady about my condition and she told mother of Lydia E. Pinkham’s Vegetable Compound. Mother got me six bottles and at the end of the first month I was much better, so I kept on taking it until I had no more pains. When I got married and had my first child I was in terrible pain so that it was impossible for me to do my housework. I thought of how the Vegetable Compound had been of so much benefit to me when I was a girl so I went to Perier’s Drug-Store and got me six bottles. It sure did help me and I still take it. I am a well woman today and I can’t say too much for Lydia E. Pinkham’s Vegetable Compound. I will answer any letter that comes to me to answer about what your medicine has done for me.”

MRS. WILLIAM CARVER,

26
"TUCKER"

This is similar to a square dance and can be played without music if the players will sing or whistle. The leader is without a partner and stands in the center. All the others get partners, and when the leader calls out "March" they circle around him with their partners. Then the leader calls "Girls on the outside and boys on the inside" and they change places. The second call is "Girls march in front of boys" and the girls step in front of their partners, but all keep marching in a circle. The third call is "Halt and face your partners," then "Grand right and left" and the girls wind in and out in one direction and the boys in the other. Suddenly the leader calls "Tucker" and captures a partner of the opposite sex if he can. The one who does not get a partner is leader the next time and calls out the figures of the game.

AFTER A HOSPITAL OPERATION

a woman feels that she has had about all her nerves will stand. She needs a medicine to help her gain strength. Lydia E. Pinkham's Vegetable Compound is an effective tonic and is excellent to strengthen the whole system and to put a woman on her feet after she has been through such an ordeal as a hospital experience is apt to be. Of course she must not overwork when she begins to gain back her strength or she may undo the good she has won.

"FELT PRETTY WELL AT FIRST"

"I read about Lydia E. Pinkham's Vegetable Compound in the little books that are sent around every few months and I felt very good after I had taken a couple of bottles of it. I had been in the hospital and felt pretty well at first but I went down to nothing. I was weak and had to lie in bed almost all day. I had dizzy and faint spells, pains in my back and lower parts and was so nervous I could not bear to have my children around me. I hope that the Vegetable Compound helps other women as it did me. I do all my own work now and feel so well. I have told my friends about it and my sister and my aunt, and you may use this letter if you think it will help anybody."

MRS. OLIVE AUGER,
19 Howard St., Lowell, Massachusetts.
"GAME OF FLOWERS"

Write words such as "hare, fox, snow, sun, butter, bell, fox, gloves, get, flower, cup, me, ball, not, the, in, dog, heart, jack, wood and ease," on bits of cardboard and pass to your guests. Three or four should be given to each one. They are to be told to match words to spell the names of flowers. For instance, the one holding the word "hare" had to find the word "bell" to spell the word "Harebell." Others in the list would be "snowball, buttercup, forget-me-not, heartsease, foxglove, etc. Use only compound words that can be separated sensibly like the examples given.

THE USUAL RESULT

of taking Lydia E. Pinkham's Vegetable Compound is to strengthen the generative organs and to tone up the whole system so that it will work as Nature intends. Hardly any woman is so healthy that she does not at some time have a feeling of weight or heaviness in the abdomen with more or less pain, headache, backache or a general run-down feeling. That is the time when she should have a bottle of Vegetable Compound in the house. She may need to take it only a week or a month, as the case may be, but while taking she should not overdo, but should allow the medicine to give its best effect to the system.

"FELT LIKE MY REAL SELF"

"I suffered for almost two years with a weakness and displacement and could not be on my feet long enough to wash my dishes. I am a farm woman and the mother of five children. One day I received one of your books recommending Lydia E. Pinkham's Vegetable Compound for troubles of the womb and ovaries. It had testimonials of women who had taken it for such cases. I began to take it and was surprised to see how quickly I felt my real self again. After taking three bottles I could do all my work. I will be more than glad to recommend your medicine to any woman suffering from female weakness and I will answer any letters I may receive asking about the Vegetable Compound and the help it gave to me when I so much needed it. I intend to keep on taking the medicine for a while longer."

MRS. INA BAYLESS,
Exeter, Missouri.
"THE GUESSING GAME"
A leader is chosen. She asks each one in turn to guess what she is thinking of. (All the time she is thinking of the person to the right of the one to whom she is speaking.) The one asked the question may have a certain number of minutes to question the leader, for instance, she may ask "Is it black?", "Is it light?", "Is it dull?", etc. This game furnishes quite a bit of amusement before any one guesses correctly.

A FORM OF INDIGESTION
is apt to come to women suffering from diseases and ailments common to their sex. Lydia E. Pinkham’s Vegetable Compound is excellent to strengthen the generative organs and to tone up the whole system. Take it in tablespoonful doses every four hours during the day. Eat light food.

"MY STOMACH BOTHERED ME"
"I was run-down and so weak that I had to remain in bed much of the time and was like an invalid. I had pains in my abdomen and in the female organs and my stomach bothered me. My husband saw Lydia E. Pinkham’s Vegetable Compound advertised, thought it must be good and brought it home to me. After taking one bottle I was able to eat and after six bottles I was doing my own work. I have a new baby who is doing nicely and I am still taking the Vegetable Compound and feeling better than I have for four years. The medicine is surely wonderful and a good thing to have in the house."

MRS. GEORGE SPINK,
R. R. No. 3, Mayville, Wisconsin.

"I suffered with severe pains in my sides and was so sick at my stomach that I could not sit up unless I vomited. I got off my sick-bed and walked to the drug-store for a bottle of Lydia E. Pinkham’s Vegetable Compound. I followed your directions closely and in two weeks time I was able to eat and keep all food down. I think I doctored with your medicine about three months and have had no return of the trouble since, so I have always felt that through it I became well again."

MRS GERTRUDE E. BROOME,
103 N. 8th St., Camden, New Jersey.
"RIPPLES"

Let those present sit in a circle and then the one who knows the game best will start in by giving out the title of a verse. Nearly all children have memorized "Mother Goose" so this would be a good one to start with. He says the first word of the first line, the next player on his left says the word after that and so on until the entire circle has recited several times and the verse is finished. Each player who fails to remember the word he or she should recite drops out of the circle and the one remaining in the longest wins the game.

THE STRAIN

of giving birth to a child often causes trouble if the mother goes about too early. She should remain in bed two weeks or more after the child is born and should take Lydia E. Pinkham's Vegetable Compound regularly every day. It is the best medicine that can be given to put the generative organs into condition. Lydia E. Pinkham's Sanative Wash should be used daily, preferably at night, to help relieve any inflammation.

"IT PUTS ME RIGHT"

"For several months after my first baby was born I suffered terrible bearing-down pains and my back bothered me a great deal. I used to get very tired in a very short time. It seemed as though I could not regain my strength. Then one day I happened to find a little booklet at my door telling me of Lydia E. Pinkham's Vegetable Compound. I read it right through and wondered which I should do:—give it a trial or see a doctor first! I decided on the former. I took three bottles of Lydia E. Pinkham's Vegetable Compound and felt a different woman. I still keep a bottle in the house and if I feel the least bit run-down I take it and it puts me right. I was also troubled with a white discharge but used a douche and Lydia E. Pinkham's Sanative Wash. I have another lovely boy and I have felt practically well all the time before and after he came. I must say how very grateful I am to Lydia Pinkham's Medicines. I am able to do all my work without any trouble."

MRS R. GUNZENHAUSER,
109 S. Dorwart St., Lancaster, Pennsylvania.
"WORD GAME"

An interesting game, which will help to sharpen the wits, is to take a long word containing a number of different letters, and try to write as many correctly spelled words as possible. Fix the time limit at one minute, — the one who writes the largest number winning the prize.

Example word—"ADVERTISING."
This gives you "art, sing, divert," etc.

IN EVERY NEIGHBORHOOD

you will find women like Mrs. Kidd who are telling other women about Lydia E. Pinkham’s Vegetable Compound.

"I HAVE TOLD EVER SO MANY WOMEN"

"When I was a young girl at home and working, I had terrible pains, almost more than I could bear, and I was not regular. These troubles kept me so tired all the time that I had no strength and no ambition to join in with my friends and have a good time. I was just tired and miserable all the time and life just seemed as if it wasn’t worth living. I saw so much in the papers about Lydia E. Pinkham’s Vegetable Compound and then I had a friend who had used it and told me about it, so I got some. Every month after taking it I got stronger and I soon did not suffer every month. It stopped the pains and helped me in other ways. Then when my babies were coming I was tired and worn out the first three months and ached badly. I took the Vegetable Compound right along and must say it made a new woman of me and able to do my work and it helped me through confinement. You see I am a farmer’s wife with a big house to look after and three babies now. I have told ever so many women about your medicine. Just last week I got a letter from my old chum in the East. Her baby was born 15 days before mine and she told me she was not feeling very well, her back aches so much, and that she is going to take the same medicine I took. Another of my chums took it before her baby was born and she told me she never felt better. Her back was stronger and the tired feeling had left her. I thank you for the joy of good health."

MRS. JOS. H. KIDD,
Box 56, Crandall, Manitoba, Canada.
JUST AS

Lydia E. Pinkham’s
Vegetable Compound

is the best for women’s ills, so is

LYDIA E. PINKHAM’S
BLOOD MEDICINE

The Best Blood Medicine

for everybody—man, woman or child.

LYDIA E. PINKHAM’S BLOOD MEDICINE is as good for men as for women; it is also good for the whole family — parents and children — and is a reliable preparation for all who need such a medicine.

HUMORS AND ERUPTIONS are among the most common indications and results of poor blood. They are very unpleasant and disfiguring, they give the face an unhealthy appearance, but usually they are not serious or dangerous enough to warrant consulting a physician. More serious results may come, however, at any time from the impoverished state of the blood which they indicate. Good home treatment is necessary. Eat plain, nutritious and easily digested food and take Lydia E. Pinkham’s Blood Medicine one-half hour before meals.
ATTENTION!

Genuine Leather Pocket Book
WILL BE FORWARDED YOU
FREE

If you will return this page with answers to the following questions

LYDIA E. PINKHAM MEDICINE CO.
LYNN, MASS.

QUESTIONS

How many copies of this book were left for you where you found this one? ........................................
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If so, please explain what you have seen? ..................

Would you like us to send to you, with the present, a free copy of LYDIA E. PINKHAM'S PRIVATE TEXT BOOK UPON AILMENTS PECULIAR TO WOMEN?

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