

FOOD



AND

HEALTH

DO WOMEN READ

our little books which come so regularly to their homes? Indeed they do, and if only one is left at a two-family house we are asked to send another at once. We feel sure that they are read from cover to cover.

LYDIA E. PINKHAM'S MEDICINES

Lydia E. Pinkham's Vegetable Compound

The original Pinkham medicine and best known of all.

It has been on the market for nearly fifty years and is put up in the following forms:

Liquid.

Dose—One tablespoonful every four hours through the day.

Dry (Tablets).

Dose—One tablet every four hours through the day.

Lydia E. Pinkham's Sanative Wash. FOR LEUCORRHOEA

Liquid, a concentrated extract, AND INFLAMMATION
ready to dilute and use at once, the most convenient form.

Use daily as a vaginal injection. Add one teaspoonful (in severe cases two teaspoonfuls) of the Sanative Wash to one pint of warm water, mix thoroughly and it is ready for use. (Can be had, if preferred, in dry form, to steep.)

Lydia E. Pinkham's Blood Medicine

FOR

We recommend this as a good blood
medicine for either men or women.

POOR BLOOD

Dose—One tablespoonful three times a day, half an hour before eating.

Lydia E. Pinkham's Liver Pills.

FOR

Dose—Take three the first night,

CONSTIPATION

two the second, and one the third; and unless there is a regular and healthy movement of the bowels continue taking one every night.

FOR SALE BY DRUGGISTS GENERALLY

Send for LYDIA E. PINKHAM'S PRIVATE TEXT BOOK
UPON AILMENTS PECULIAR TO WOMEN, mailed free on
application to THE LYDIA E. PINKHAM MEDICINE CO.
Lynn, Mass.,

Public Inspection of our Laboratories Cordially Invited.

HINTS FOR MEALTIME

How often do we hear women exclaim, "Oh dear, what shall I have for the next meal?"

This little book will aid you in answering that troublesome question. The recipes are carefully selected and we hope you will find them helpful.

More important to you than the question of food is that of health. Therefore, in this book we show you many letters from women who have received great benefit by taking **Lydia E. Pinkham's Vegetable Compound**. You have heard of this splendid medicine, for it has been used by women for nearly fifty years. It is a Woman's Medicine for Women's Ailments. It is prepared from medicinal plants that are especially adapted for the treatment of the troubles women so often have.

As you read these letters remember these women are stating for the benefit of other women who are sick just how they felt and just how the **Vegetable Compound** restored them to health.

You know it is bad enough to worry over the various duties of life when you are well and strong. It is a serious matter when you are half sick and all tired out most of the time.

So in the following pages you will find suggestions for the next meal that may help you, but more important by far are the letters recommending **Lydia E. Pinkham's Vegetable Compound** as the splendid medicine for the ailments of women.

You will read letters from many classes of women, young and old, mother and daughter. They are genuine expressions of gratitude from one woman to another.

Thousands of women by word of mouth and by letter highly praise **Lydia E. Pinkham's Vegetable Compound**.

"Of all the world's wealth
The best treasure is health,
For without it there's nothing
worth while."

BAKING OF BREAD AND ROLLS



The pans should be well oiled and the loaves should never more than half fill them.

Bread should be put into a hot oven and loaves should rise during the first fifteen minutes. It should continue browning for the next twenty minutes then reduce the heat somewhat. Small loaves

require 45 minutes, large ones 1 hour.

Biscuits and rolls require a hotter oven than bread. They should rise for the first five minutes and then should begin to brown. After 15 minutes reduce the heat and at 30 minutes the biscuits should be golden brown and thoroughly baked inside. Remove bread from the pans as soon as it comes from the oven. Keep covered with a clean cloth until cool then place in a stone jar or tin box.

WHAT DOES YOUR DRUGGIST SAY

when you ask him if he can recommend any good medicine to you because you are nervous and run-down and not able to get your work done? He suggests that **Lydia E. Pinkham's Vegetable Compound** is a well-known and well-made medicine and that he knows many women who take it and recommend it.

"I COULD HARDLY DO ANYTHING"

"After my first child was born I suffered a good bit with backache and had headaches and dizzy spells and could hardly do anything. One day I went to a druggist and asked him if he could recommend anything for me and he told me to take **Lydia E. Pinkham's Vegetable Compound**. Even the first bottle helped me and so I kept on taking it and now I am able to do my housework and seem well and strong. You can use these facts as a testimonial for I am glad to help others."

MRS. MARY DIPIETRO,
2225 11th St. S. W., Canton, Ohio.

WHITE BREAD

Ingredients

1 tablespoon lard
1 tablespoon butter
1½ teaspoons salt
1 tablespoon sugar
1 cup scalded milk
1 cup boiling water
1 yeast cake in $\frac{1}{4}$ cup lukewarm water
6 cups sifted flour



Method—Put lard, butter, salt and sugar into large bowl. Pour over them the scalded milk and boiling water. When this is lukewarm add the yeast cake dissolved in luke-warm water. Sift in flour gradually, beating with a spoon. Toss on a floured board and knead until smooth. Allow it to rise over night in a moderately warm place or until it doubles its original size. Cut down or knead and allow it to rise until light, then form into loaves or biscuits. Allow these to rise until light, then bake. The amount of yeast used will depend on the length of time the bread is allowed to rise.

WHAT DO GIRLS DO

who don't have mothers to advise them about their health?

"WHEN I WAS BETWEEN THIRTEEN AND FOURTEEN"

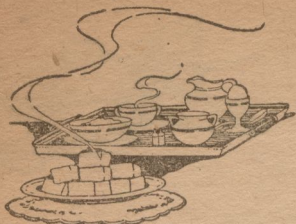
"My mother gave me **Lydia E. Pinkham's Vegetable Compound** when I was between thirteen and fourteen years old and was going to school. I suffered with pains and could not rest. After I was married I was always troubled in my back while carrying a child and could not do my work. I took the **Vegetable Compound** and I am strong, do all my washing and ironing and work for seven children and feel fine. I always have an easy time at child-birth and what it did for me it will do for other women. I am willing to answer any women if they write to me asking what it did for me."

MRS. JOHN HEIER,
53 Dilley St., Cumberland, Md.

CORN CAKE

Ingredients

- 2 cups Indian Meal
- 1 cup flour
- $\frac{1}{2}$ cup sugar
- 1 teaspoon salt
- 1 egg
- 1 teaspoon soda
- 2 cups sour milk



Method—Sift the dry ingredients together except the soda. Add egg slightly beaten. Dissolve the soda in sour milk, stir into the dry ingredients quickly and pour into a greased pan. Bake for half an hour in a moderate oven.

EVERY TRUE MOTHER

realizes the fact that her baby's health depends upon her own, that the very 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 others.

"I COULD NOT DO A SINGLE BIT OF WORK"

"I was troubled with weak feelings, headache all the time, a cough, fainting spells and pains in my back and side. I could not do a single bit of work and had to be helped out to the hammock where I lay in the fresh air from morning until night and I had to be carried up and down stairs. After other medicines had failed a friend advised me to take **Lydia E. Pinkham's Vegetable Compound** as she said it was excellent for any one in the family way. Before the first bottle was taken I could walk alone and as I kept on with it I got stronger until I was able to do all of my work. My baby is now six weeks old and is a big fat healthy fellow. I am sure **Lydia E. Pinkham's Vegetable Compound** has done wonders for me and I recommend it to any woman in that condition."

MRS. MURRAY J. BARTON, R.R.No. 1,

Cumberland Bay, N. B., Canada

TEA BISCUIT

Ingredients

2 cups bread flour
4 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 to 2 tablespoons shortening
 $\frac{3}{4}$ cup milk

Method—Sift the dry ingredients together, mix in fat with the tips of fingers, then add the milk a little at a time or cut it in with a knife. The dough should be as soft as can be easily handled, Roll lightly until one inch thick, cut in rounds and bake in a hot oven for 15 or 20 minutes.



AN EVIDENCE OF CONFIDENCE

in a friend is to follow her advice, especially if it is not hearsay evidence but something she has tried out on herself and proved. Lydia E. Pinkham's Vegetable Compound merits such confidence.

"MY TWO DAUGHTERS HAVE ALSO TAKEN IT"

"I was weak and nervous, suffered with severe headaches and backache and had irregular periods most of my life. A friend recommended your medicine to me and after taking the first bottle of Lydia E. Pinkham's Vegetable Compound I noticed a great improvement. My two daughters have also taken it and it has helped them very much. I recommend your medicine to my friends and am willing for you to use this letter as a testimonial."

MRS. ANNA JAQUSON,
138 Walnut St., Newark, N.J.

"WE ALL USE PINKHAM'S MEDICINES"

"My mother had ten girls and we all use Pinkham's medicines. When I began to have troubles like most girls have, and could not do my work, my mother induced me to take Lydia E. Pinkham's Vegetable Compound."

MRS. SCHOENBACHER,
2331 N. Spaulding Ave., Chicago, Ill.

OMELET

Ingredients

1 egg
1 tablespoon hot water
1 salt spoon salt
Few grains of pepper



Method—Separate the white from the yoke of the egg and beat it until stiff. Beat the yolk until thick and add the hot water

and salt. Fold the beaten white of the egg in and put into a buttered pan. Cook slowly until puffed and brown.

SCRAMBLED EGGS

Ingredients

1 egg
1 tablespoon milk or water
 $\frac{1}{2}$ salt spoon salt
Few grains of pepper

Method—Beat the eggs slightly and add liquid and seasonings. Pour into a warm buttered pan and cook slowly over water. As the egg coagulates on the bottom and sides of the pan lift it with a spoon. Continue until thickened and creamy but not dry. Serve immediately.

ONLY A FEW BOTTLES

of **Lydia E. Pinkham's Vegetable Compound** are needed to give surprising results, as so many women tell us.

"SUCH A TIRED FEELING"

"I had an awful backache, no appetite and such a tired feeling that I could hardly do my work. I was this way for six months, then I saw an advertisement in the "Swedish Tribune News" and began at once to take **Lydia E. Pinkham's Vegetable Compound**. After I took the first bottle I began to improve and I only needed six bottles in all. I recommend your **Vegetable Compound** and you may use my letter as a testimonial."

MRS. VICTOR HOLM,
Port Wing, Wisconsin.

SWEET MILK GRIDDLE CAKES

Ingredients

3 cups flour
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
4 tablespoons baking powder
1 egg
2 cups milk
2 tablespoons melted fat



Method—Mix and sift dry ingredients. Add beaten egg, milk and fat to make a thin batter. Drop on a hot oiled griddle and brown on both sides.

SAVINGS

Save all the waxed paper that crackers and bread come wrapped in. It is very handy to roll out pie-crust or biscuits on, also doughnuts and cookies, and saves washing the pastry board.

IF YOU HAVE TO WORK

you must have good health in order to do your work well. Besides this, you want to be able to play afterwards and both work and play require good health. It is a great handicap to be lacking in energy when you are young and should be strong. **Lydia E. Pinkham's Vegetable Compound** will help that tired feeling which many girls have.

"I WAS WITHOUT AMBITION"

"I always felt very tired and was so heavy and cranky all the time. I did not menstruate regularly and was treated as an anemic. I was this way about a year. I went to work but was without ambition. Then my mother read one of your small books given around at doors of homes and I began to take **Lydia E. Pinkham's Vegetable Compound**. The very first bottle helped me and I am perfectly satisfied with it and recommend it whenever I can. I am working in a factory now and am much more active than I was. I still take your **Vegetable Compound** as I would not be without it."

ELIZABETH BAMBERGER,
2449 Fairhill St., Phila., Pa.

VINEGAR



A spoonful of vinegar added to the water when cooking corned beef will make it more tender.

To make pie-crust flaky try adding one-half a spoonful of vinegar to the cold water before mixing.

Add vinegar to the water in which you soak wilted vegetables and they will revive

quickly and any little bugs in them will come out.

Add vinegar to the water when washing windows or paint or cleaning floors.

If paint or varnish is on a window, wet it with hot vinegar and rub it off with a cent.

To take the shine from clothing, sponge the shiny places with boiling hot vinegar, rubbing vigorously, then press as usual.

IT IS PERFECTLY SAFE

for any one to take **Lydia E. Pinkham's Vegetable Compound** whenever such a medicine is needed. It contains no narcotics nor harmful drugs and is made in the most accurate and sanitary manner.

"I FOUND A BIG DIFFERENCE"

"My back ached so that I could hardly get around and my legs and feet troubled me. My mother had taken **Lydia E. Pinkham's Vegetable Compound** and it helped her so much that she insisted on me giving it a trial. After taking it I found a big difference. I began to get better almost from the start and only had to take four or five bottles. I do all my own work now and all my own laundering, which is extremely large. A friend of mine in the neighborhood had the same trouble with her back as I had, and she says that she will never be without a bottle of your **Vegetable Compound** in the house."

MRS. CLARA BAKER,
313 Pearl St., Jeffersonville, Indiana.

CASSEROLE OF RICE AND MEAT

Ingredients

- 2 cups steamed rice
- 2 cups chopped seasoned meat
- 1 cup gravy or tomato sauce
- $\frac{1}{2}$ cup buttered crumbs

Method—Place in a baking dish a layer of rice, over this sprinkle a layer of chopped meat and repeat until the dish is nearly filled; then pour gravy or tomato sauce over the meat. Cover with the buttered crumbs and bake until brown.



HELPFUL HINTS

To keep the daily paper from blowing away when it is left on the porch, get the carrier to snap it into a spring clothes-pin which is tied to the railing.

WHEN A WOMAN KNOWS

that a certain medicine is good she wants no substitute or makeshift. The women who take **Lydia E. Pinkham's Vegetable Compound** are of this class. They know what they want and they will take nothing else.

"CAUSED BY HEAVY LIFTING"

"When I was thirteen, my mother became ill and it fell to me to take care of the home. About two months after that I began to have such terrible pains at my periods it seemed like a knife was twisting and turning. The doctor said that it was caused by heavy lifting. At fifteen I was feeling very badly one day and my sister-in-law advised me to take **Lydia E. Pinkham's Vegetable Compound**. Two months later the doctor came down to see me and he was greatly surprised to see me working and told me to keep on with the **Vegetable Compound**. It certainly is a great medicine and I hope this letter will induce other girls who need help to take it. I recommend it to every woman or girl who complains to me of side-ache or any pains such as women often have."

MRS. AGNES B. WIMMER,
Box 189, Marion, Illinois.

FILIPINO ROLL

Ingredients

- 1 sweet green pepper
- 2 onions
- 1 lb. Hamburg steak
- 1 cup bread crumbs
- 1 egg
- 2 teaspoons salt
- 1 tablespoon Worcestershire Sauce
- 5 or 6 slices of bacon

Sauce

- 1 cup tomato soup
- 1 tablespoon flour

- 1 teaspoon sugar
- $\frac{1}{2}$ cup water

Method—Wash the pepper and remove the seeds, add onions and chop together. Mix with meat, breadcrumbs and well beaten egg. Add seasonings and form into a roll. Cover with bacon and bake 45 minutes in a moderately hot oven. Remove to platter, add water to make gravy and strain into it the thickened tomato soup. Let it boil a few minutes then pour around the roll.

GIRLS BETWEEN ELEVEN AND FIFTEEN

should be wisely instructed by their mothers or they will do foolish things that they will live to regret. If a medicine is needed, **Lydia E. Pinkham's Vegetable Compound** will be found satisfactory in most cases.

"SO WELL AND STRONG"

"My daughter always had backache and legache at certain periods and could not be on her feet at those times. We read in the papers about **Lydia E. Pinkham's Vegetable Compound** doing girls so much good, so she began to take it. That is two years ago and she is a different girl since then, able to do any work she wants to do,—although she is still careful not to do heavy work - and so well and strong. We recommend **Lydia E. Pinkham's Vegetable Compound** to all mothers with ailing daughters, and I give you permission to publish this letter as a testimonial."

MRS. A. M. BURKHOLDER,
Route No. 2, Box 1, Wauseon, Ohio.

MOCK MEAT CAKES

Ingredients

$\frac{1}{2}$ cup dried peas or beans
5 medium potatoes
 $\frac{1}{2}$ cup grated cheese
 $\frac{1}{2}$ cup fine breadcrumbs
1 egg (beaten)
1 tablespoon melted bacon fat
salt and pepper



METHOD—Soak peas or beans over night, then boil until very tender. Boil and mash potatoes. Add mashed beans, grated cheese, bread-crumbs, beaten egg, bacon fat and seasonings. When cool shape into cakes, dip into cornmeal and fry.

WOMEN HAVE BEEN HELPED

by Lydia E. Pinkham's Vegetable Compound for nearly fifty years. If a girl is delicate she begins taking it while in her teens, and continues it off and on as she feels the need, until she arrives at a mature age and is in robust health.

"CHANGED FROM A DELICATE GIRL"

"I want to tell you that I am a true friend to Lydia E. Pinkham's Vegetable Compound. I have taken it, off and on, for twenty years and it has helped me change from a delicate girl to a stout healthy woman. When I was married I was sick all the time until I took your Vegetable Compound. I had pains at my periods and was in bed much of the time with other troubles. I had to have the doctor every month. One day I found a little book in my yard in Guthrie, Oklahoma, and I read it through and got the medicine—Lydia E. Pinkham's Vegetable Compound—and took eight bottles without stopping and used the Sanative Wash for a douche. I at once began to get stronger. I have got many women to take your medicines just by telling them what it has done for me. I want you to know that I am a true friend of yours."

MRS GEORGE HARDEE,
1043 Byram St., Los Angeles, Calif.



DRY BEAN CHOWDER

Ingredients

- 1 cup dried beans
- 2 slices bacon (diced)
- 1 can corn
- 1 can tomatoes
- salt and pepper
- cracker crumbs

Method—Soak the beans over night and boil until tender. Drain into a fire-proof casserole. Try out the fat from the bacon until it is perfectly crisp, care being taken that it is not burned. Then add corn, seasoning and tomatoes. Mix all and add to beans. Sprinkle cracker crumbs over the top and bake twenty-five minutes. Serve from the casserole.

IN THIS GENERATION

it is 'the style' to be healthy. Our heroines no longer languish and faint. They are all healthy girls and women who do a day's work or play just as a man does. If some of us are not so healthy as this, we try to be and take **Lydia E. Pinkham's Vegetable Compound** when we feel the need.

"I AM ABLE TO DO MY WORK"

"Your medicine is the best medicine I ever had. When I was a young girl I was very weak and had cramps every month. When I was working I would often have to stop and rest and I was always pale. My mother had taken **Lydia E. Pinkham's Vegetable Compound** and so had my sister, and both had been helped. After I married I still was the same way and we decided that I should try **Lydia E. Pinkham's Vegetable Compound** and since I have taken it I am better in every way. I am able to do my work without getting tired and am much stronger and don't suffer as I did. I recommend your **Vegetable Compound** and am thankful for the help it has given me."

MRS. EVA N. SILVIA,
176 Court st., Plymouth, Massachusetts.

COOKING HINTS

Never throw away the feet of a fowl as they are excellent for making soups, broths and jellies. You can buy extra feet from the butcher. Dip them in boiling water for a few seconds and they may be readily skinned. Boil with the chicken until they fall to pieces, then strain the broth.



Before baking potatoes let them stand in hot water for fifteen minutes. They will require only half the time to bake.

Pour boiling water on oranges and let them stand for five minutes. This will make the white lining come away from the skin and they will be easier to prepare for a pudding.

ANY HOSPITAL EXPERIENCE

is painful as well as costly and frequently dangerous. Many women have avoided this experience by taking **Lydia E. Pinkham's Vegetable Compound** in time, thereby relieving the present distress and preventing the development of conditions that might require an operation.

"THEY SAID I NEEDED AN OPERATION"

"I had such a pain that I could hardly walk and they said that I needed an operation. I was sick for a year before I started taking your medicine and I could not work. I saw your advertisement in a little book and that is how I came to take **Lydia E. Pinkham's** medicines. I have been taking the **Vegetable Compound** and **Lydia E. Pinkham's Blood Medicine**, also **Lydia E. Pinkham's Liver Pills**, and used **Lydia E. Pinkham's Sanative Wash** and the capsules and prescription recommended. I am doing all my work and have gained twenty pounds. I am taking the medicines still but I feel fine. You have my permission to use this letter for the good of others."

MRS. MARY MARK,
37 Hamilton Ave., White Plains, N. Y.

HINTS AND HELPS



The common nut-cracker makes a splendid little household wrench for cans and bottles with screw tops. Even glass stoppers will yield to it.

A pair of scissors in the pantry to cut up raisins, suet, citron, etc., is easier to use than the chopper. A metal shoe-horn that has a hole in the top to hang it up by, makes a good kettle scraper.

Use a bicycle pump to clean such parts of the sewing machine as you cannot reach with a cloth or with an old tooth brush.

Save the sand-paper which comes on the match-boxes and use it for scraping, cleaning, etc.

Ammonia water will remove the cloudy appearance from the preserve jars in which vegetables have been canned.

THE BEST ADVERTISED MEDICINE

in the world is the medicine which has the most friends. That is **Lydia E. Pinkham's Vegetable Compound**. Thousands of women are its friends and always have a good word for it. In times of sickness no one is more welcome than the one who brings relief. This well-known medicine is recommended by mothers to their daughters, by sisters to one another and by friends and neighbors to the woman whose loved ones are far from her when she needs them most. It is a woman's medicine.

"A HOUSEHOLD WORD"

"My mother gave me **Lydia E. Pinkham's Vegetable Compound** when I was 14 years old and then after I married I took it before each child was born and always when I felt the least run down. Both my sister and sister-in-law take it and have only the highest praise for it. It has been a household word in my mother's house for years."

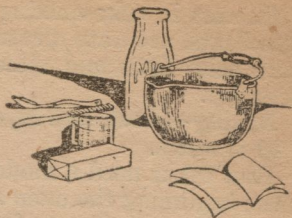
MRS. KATHERYN LYND,
2431 Gladys Ave., Chicago, Illinois.

DUTCH CHEESE

Ingredients

1 quart sour milk
 $\frac{1}{2}$ to 1 teaspoon salt
 $\frac{1}{4}$ cup sour or sweet cream
(or 1 large tablespoon butter)

Method—The milk should be freshly sour to get the best flavor. This is best obtained by adding a little sour milk to five or six times the amount of sweet milk. It should be kept in a warm place (the back of the stove) until the curd of the milk is thick and smooth and the whey is watery and has risen to the top. Drain in a cheese cloth bag until dry. Add cream (or butter) and salt. If the process needs to be hurried stir into the milk a cup full of nearly boiling water. Leave to settle before draining. As the cheese is very rich in protein it easily becomes tough by overheating. For the same reason it is very nourishing.



WOMEN OF ANY AGE

receive help from **Lydia E. Pinkham's Vegetable Compound**.

"IT IS GOOD FOR YOUNG AND OLD"

"I have taken **Lydia E. Pinkham's Vegetable Compound** for seven years and I cannot tell you the good it has done me. It is good for old and young and I always keep a bottle of it in the house for I am at that time of life when it calls for **Lydia E. Pinkham's** help. My husband saw your 'ad.' in the papers and said, 'You have taken everything you can think of, now I want you to take **Lydia E. Pinkham's Vegetable Compound**.' So I let him get it and I soon felt better and he told me, 'I want you to take at least six bottles.' So I did and I keep house and do all my own work and work out by the day and feel fine now. I tell every one about the **Vegetable Compound** for so many of my friends thought I would not get well. You may use this letter for every word of it is true."

MRS. R. J. LINTON,
1850 W. 33rd Ave., Denver, Colorado.

CAKE-MAKING

Success in cake-making depends on careful combining of ingredients, accurate measurements and careful baking. To make cake light and close in texture, thorough beating is necessary.

Baking—Small and layer cakes require a hot oven for 10 to 20 minutes.

Loaf cakes need a moderate oven from 40 to 60 minutes. In the beginning the oven should be hot enough to cause the cake to rise and then to form a crust which holds the gases. When the cake has risen to its full height decrease the heat so that the cake may finish baking without becoming too brown. If the oven is too hot at first a crust will be formed before the cake is risen. If not hot enough, gas will not be retained in the cake. Either of these conditions will make the cake heavy.

Testing—The cake is baked if, when pressed lightly upon the top in the middle, it springs back again. It usually shrinks from the sides of the pan. A deep cake may be tested with a clean straw.

Methods of work—First grease and flour the pans. Collect all materials and utensils needed and make sure that the oven will be ready. Do this before combining any materials.

Do you Question

the truth of the testimonial letters you are reading in this book? If you do, write to these women.

"YOU MAY USE MY NAME"

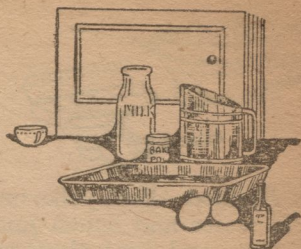
"I had a great deal of female trouble for over ten years and was told that I must not marry as it would throw me into a decline. My cousin had me take Lydia E. Pinkham's Vegetable Compound and I was on my feet again after taking two bottles. I started to work, gained in flesh, and two months later I married. I became a mother a year afterwards and am still taking your Vegetable Compound. You should see my lovely little baby girl. My husband is delighted with my return to health. You may use my name in your booklets and I will answer any letter sent to me."

MRS. E. G. REICHNER,
913 MacAdams St., Chester, Pa.

PLAIN CAKE

for Loaf or Layer Cake
Ingredients

- 2 eggs
- 1 cup sugar
- 3 teaspoons Oleo or butter
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ cups flour
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon vanilla



Method—Beat eggs light, add sugar, butter, milk, salt and all but 2 tablespoons of the flour. Beat well, add vanilla, then add the remainder of the flour with the baking powder, sifted together. Bake in loaf or layer cake pans.

BROWNSTONE CAKE FILLING

Ingredients— $\frac{1}{2}$ cup sugar, 1 square of chocolate, 1 tablespoon cornstarch, a few grains of salt, $\frac{1}{2}$ cup of milk.

Method—Mix dry ingredients. Add liquid gradually. Cook in double boiler until thick and creamy.

WEAKNESS MAY SHOW

In early girlhood and if attended to at that time and not allowed to develop into serious troubles by carelessness or overwork, girls will grow stronger as they grow older. Lydia E. Pinkham's Vegetable Compound is what many mothers give their girls in these early years.

"SHE HAD TO GO TO BED"

"I was under the impression that my eldest daughter had some internal weakness as ever since the first time her sickness appeared she had to go to bed and even had to quit school once for a week. I always take Lydia E. Pinkham's Vegetable Compound myself so I gave it to her and she has received great benefit from it. You can use this letter for a testimonial if you wish to do so, as I cannot say too much about what your Vegetable Compound has done for me and my daughter."

MRS. WM. S. HUGHES,
Greenville, Delaware.

SPONGE CAKE

Ingredients

- 2 eggs
- $\frac{1}{2}$ cup sugar
- 1 teaspoon cold water
- $\frac{1}{2}$ tablespoon lemon juice
- 1 salt spoon salt
- $\frac{1}{2}$ cup flour



Method—Beat yolks until thick and add sugar gradually. Add water and lemon juice. Sift flour and salt into yolk mixture and beat thoroughly. Fold in the stiffly beaten whites of eggs and bake in a moderate oven.

CRISPETTES

Ingredients—2 eggs, $\frac{1}{2}$ cup white sugar, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup chopped walnuts or cocoanut, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{2}$ teaspoon salt.

Method—Beat eggs very light, add sugar and remaining ingredients. Beat well and drop by tablespoonfuls on a buttered pan 2 inches apart. Bake in a moderately hot oven. Always use a tin pan.

A LITTLE CARE

when one is young is not much to pay for good health afterwards. Take **Lydia E. Pinkham's Vegetable Compound** for any weakness you may have.

"MY PERIODS WERE DELAYED"

"My periods were delayed until I was nearly seventeen years old. I had tried four doctors and the last one told me to take **Lydia E. Pinkham's Vegetable Compound** so I took six bottles of it. After taking three I was all right, but I kept on until I had taken three more. Since that time I have been pretty well. At the age of nineteen I married and I have three nice children. I do all my housework and washing besides taking care of my children and we have chickens and rabbits. I recommend your **Vegetable Compound** as it has been a great help to me."

MRS. GRACE M. KLEIN,
1021 S. 12th St., Burlington, Iowa.

WAR CAKE

Ingredients

1 cup brown sugar
1 cup water
2 cups raisins
 $\frac{1}{3}$ cup fat
 $\frac{1}{4}$ teaspoon grated nutmeg
1 teaspoon ground cloves
few grains salt.



Method—Boil the above ingredients together for three minutes. Let cool. When cold add 7 teaspoon soda dissolved in 2 tablespoons hot water. Add 2 cups flour in which 1 teaspoon baking powder has been sifted. Bake in a moderate oven.

PANTRY HELPS

If butter is too hard to serve, heat a bowl with boiling water and turn the empty bowl over the butter. This will not waste or impair the taste of the butter.

A WOMAN CAN DO MUCH

to prepare herself for a simple, natural birth if she will live a normal, healthy life. Take **Lydia E. Pinkham's Vegetable Compound** during this time.

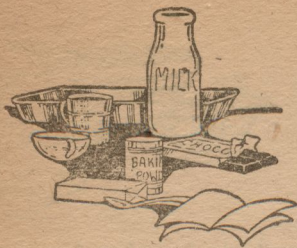
"I WAS ABLE TO DO MY WORK"

"About fifteen months ago I became so weak I could not walk thirty yards without being completely exhausted, although I didn't have a pain except a slight one in my head. I had had doctor's treatments yet had not been helped but had miscarried twice, and seeing your advertisement in the 'Atlanta Constitution' I felt sure that **Lydia E. Pinkham's Vegetable Compound** would help me. By continuing its use regularly and by taking **Lydia E. Pinkham's Liver Pills** I was able to do my work to the very last day and gave birth to a $1\frac{3}{4}$ pound boy who is now six months old and the picture of health—the finest baby in our community. If this letter will benefit you in your advertising, you may use it."

MRS. SAMUEL MALOY

Wacissa, Florida.

CHOCOLATE CAKE



Ingredients

- 5 tablespoons butter
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$ cup milk
- $1\frac{1}{2}$ cups flour
- 2 squares chocolate
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ teaspoon salt
- $2\frac{1}{2}$ teaspoons baking powder.

Method—Cream butter and sugar. Add yolks of eggs beaten until thick, then milk, and all but 2 tablespoons of the flour. Beat thoroughly, add melted chocolate and vanilla. Add remaining flour, salt and baking powder sifted together. Fold in stiffly beaten whites of eggs. Bake in moderate oven.

WOMEN EVERYWHERE

should understand that most of the common ailments of women are not surgical ones—they are not caused by serious displacements or growths although the symptoms may seem the same—and that is why so many apparently serious ailments of women readily yield to **Lydia E. Pinkham's Vegetable Compound**. It acts in such a manner that it builds up the weakened nervous system and gives strength and tone to the organs in the pelvis.

"I WAS WEAK AND NERVOUS"

"I was weak and nervous and all rundown. I could not walk across the floor without resting and I had been that way for weeks. I saw your advertisement in the paper and after taking one bottle of **Lydia E. Pinkham's Vegetable Compound** I felt the good it was doing me and I took seven more in all. Before I finished I was able to work nine hours a day in a steam laundry. I cannot say too much in favor of your medicine. I trust all sick and suffering women will take it. It has been two years since I took it and I am strong and well."

MRS. L. A. GUIMANN,
Union Village, Vermont

CHOCOLATE FROSTING

Ingredients

- 1½ squares chocolate
- 1 cup sugar
- 1 cup boiling water

Method—Cut chocolate into small pieces, add sugar and water and stir until blended. Boil until a soft ball forms when dropped into ice-water. Cool. Beat until creamy and spread on cake.



WHITE FROSTING

Ingredients

- 1 egg white
- 1 cup confectioner's sugar
- ½ teaspoon flavoring

Method—Beat the white of egg until stiff. Stir in the sugar and flavoring and beat until creamy.

WHEN A MAN

comes home from work at night, he wants to find his home clean and comfortable, his supper ready, his children happy and his wife smiling a welcome to him. These are only natural feelings and when things are the reverse and he has to help do the work, he looks for the cause of the trouble and its remedy. **Lydia E. Pinkham's Vegetable Compound** will help women keep strong and well.

"WITH MY HUSBAND'S HELP"

"I used **Lydia E. Pinkham's Vegetable Compound** for pains across the small of my back. They bothered me so badly that I could do my work only with my husband's help. One day we saw the 'ad' in our paper telling what **Lydia E. Pinkham's Vegetable Compound** is doing for women so I began to take it. It has helped me wonderfully. I am feeling fine, do all my housework and washing for seven in the family. I had been irregular too, and now I am all right. I am telling my friends what it has done for me and am sure it will do good for others. I will stand up for **Lydia E. Pinkham's Vegetable Compound** any time."

MRS. WM. JUHNKE, Foster, Oregon

MOCHA FROSTING

Ingredients

- 3 tablespoons butter
- 1 cup confectioner's sugar
- 2 tablespoons cold boiled coffee
- 2 tablespoons cocoa
- $\frac{1}{2}$ teaspoon vanilla

Method—Cream the butter and sugar, add the remaining ingredients and enough more sugar to make it creamy.



Plain icing may be made by moistening confectioner's sugar with milk or water (either hot or cold) and adding flavoring. Either this or white frosting may be used as a foundation for nuts or chopped fruit. Orange frosting may be made by moistening the sugar with orange juice.

HOWEVER BUSY

a woman is she always finds time to read the daily papers. And she may read the Bargains first and the Weather Report last, but she always reads the testimonial letters advertising **Lydia E. Pinkham's Vegetable Compound**. She wants to know what experience other women have had with this great medicine.

"WHEN MY DAUGHTER WAS THIRTEEN"

"When my daughter was thirteen and until she was fifteen she suffered every month so that she could hardly move around the house and when she would have the pains in school she would have to be carried home. She also had headache, dizzy and faint spells, and soreness in her back. I saw your advertisement in the 'Hamilton Spectator' and got **Lydia E. Pinkham's Vegetable Compound** for her. She does not have the least bit of trouble now; and we both recommend your medicine. She works in a candy-shop now and seems well and strong. I give you permission to publish this letter as a testimonial."

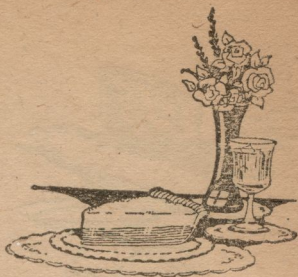
MRS. I. P. CLAUSE,
76 Walnut St., South,
Hamilton, Ontario, Canada

LEMON PIE WITH MERINGUE

Ingredients

$\frac{3}{4}$ cup sugar
3 tablespoons cornstarch
1 cup boiling water
3 tablespoons lemon juice
and grated rind
1 tablespoon butter
2 egg yolks

Method—Mix sugar and corn starch thoroughly, pour boiling water over them, stirring constantly. Cook until thick and until starch is well done. Add lemon juice and butter. Cool slightly and add egg yolks. Pour into plate lined with pastry and bake until paste is cooked. Or pour into crust already baked.



MERINGUE

Ingredients—2 egg whites beaten stiff, 2 to 4 tablespoons of powdered sugar, a few drops of vanilla. Add sugar gradually to stiffly beaten whites of eggs. Add flavoring. Spread over top of pie and cook until golden brown in a slow oven.

GIRLS ALWAYS HAVE

secrets with each other and tell all about themselves. They can also give each other good advice when opportunity offers.

"I TOLD HER MY TROUBLE"

"When I was seventeen years old I was thin and pale and very irregular. I worked beside a young girl and one day we began talking about my being so thin and looking like a ghost and I told her my trouble. She said I should take **Lydia E. Pinkham's Vegetable Compound** so I told my mother about it and she said she would get me a bottle. I had only started on my second bottle when my periods came on. I was very much pleased and I still take your medicine when I need it."

MRS. GERTRUDE BRACKLEIN,
1154 Cleveland St., Baltimore, Md.

PIE CRUST

Ingredients

1 ½ cups flour
3 tablespoons lard
½ teaspoon salt
cold water
3 tablespoons butter

Method—Wash butter and squeeze until water and salt has been removed. Chill the lard then chop it into the flour, with two knives. Add salt and

moisten it to a dough with cold water. (Ice water is not essential but is desirable in summer.) Toss on a floured board and roll out. Fold to make three layers and put the butter between the layers. Turn half way round, pat, and roll out. Cut off the sides of it and roll into shape for the plate. Roll the center for the upper crust, cutting slits in it to let out steam. Fold the upper crust under the edge of the lower crust. Bake in a moderately hot oven 40-50 minutes. Pastry may be used immediately or chilled before using. It must not come in contact with the ice.

THIS INVITATION

to write to any of the women whose letters we publish is sincere. Any woman who wishes to avail herself of the privilege will receive a courteous reply.

"I TELL OTHERS HOW IT HELPS"

"I suffered for two years with female troubles and had a discharge that weakened me so that I could hardly walk. My mother had taken **Lydia E. Pinkham's Vegetable Compound** and knew what it would do, so she asked me to take it and I did and got better. I am now taking care of my cows, chickens and hog and have five in my family and do my own washing and ironing. I am still taking the medicine and tell others how it helps me. Any one may write to me and I will tell them how good it is."

MRS. E. L. GRIMES,
104 Morgan St., Atlanta, Georgia.

APPLE PIE

Ingredients

4 or 5 sour apples
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ tablespoon grated nutmeg
 $\frac{1}{8}$ teaspoon salt
1 tablespoon lemon juice
few gratings lemon rind
1 tablespoon butter



Method—Line pie-plate with pastry. Pare, core, and cut apples into eighths. Put row of slices around the plate $\frac{1}{2}$ inch from the edge working towards the center until the plate is covered. Then pile on the remainder. Mix sugar, nutmeg, salt, lemon juice and grated rind and sprinkle over the apple. Dot all with butter. Wet the edges of the under crust, cover with the upper crust and press together. Bake for 40-45 minutes in a moderate oven.

DO YOU FEEL

broken-down, nervous and weak sometimes? **Lydia E. Pinkham's Vegetable Compound** is excellent to take at such a time. It always helps and if taken regularly and persistently will relieve this condition.

"IT DID ME A LOT OF GOOD"

"I write with pleasure to praise your medicine—**Lydia E. Pinkham's Vegetable Compound**—which has done so much to restore my health. I was a broken-down woman until my husband brought me a bottle of **Lydia E. Pinkham's Vegetable Compound** and one of **Lydia E. Pinkham's Blood Medicine**. I had been having pains every month and at intervals between was weak and seemed to be smothering at times. In a week I felt like another woman and then I used **Lydia E. Pinkham's Sanative Wash** and with the two others it did me a lot of good. I cannot praise your medicines too much and will be more than glad to recommend them to any woman who is suffering from female troubles."

MRS. T. A. LANDRY,
612 Miss. St., Donaldsonville, La.

BAKED FRUIT PUDDING

Prepare fruit—apples, peaches, — and sprinkle with sugar, also with cinnamon or nutmeg if apples are used. Place fruit in baking-dish to within one inch of the top.

CRUST Ingredients

1 cup flour
1 teaspoon baking powder
1-3 cup milk

1 salt spoon salt
2 tablespoons butter

Method—Mix and sift the dry ingredients, cut in butter with knife and add milk. Roll the crust to fit the baking-dish, keeping it $\frac{1}{2}$ inch thick and place over the fruit. Press edges of the crust to the rim of the dish and make a small opening in the crust near the center. Bake in a moderate oven 30 minutes. Serve with vanilla sauce.

THE RIGHT ROAD

to Health is what every ailing woman is looking for and when one woman gets on that road she is always ready to direct some other woman to it.

"I HIGHLY RECOMMEND IT"

"I used Lydia E. Pinkham's Vegetable Compound for a soreness in my side. I would suffer so badly every month from my waist down that I could not be on my feet half the time. I was not able to do my work without help. I saw your Vegetable Compound advertised in a newspaper and gave it a fair trial. Now I am able to do my work and don't even have a headache every month. I cannot praise your Vegetable Compound enough and highly recommend it to those who have troubles like mine. I am willing for these facts to be used as a testimonial to lead all who suffer with female troubles as I did, to the right road to health."

MRS. LULA VANN,
Box 43, Fulton, Arkansas.

VANILLA SAUCE

Ingredients

1 cup boiling water
2 teaspoons corn-starch
1 tablespoon butter
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon vanilla
little salt

Method—Mix the corn-starch with a little cold water and stir into the hot water, boiling five minutes. Put butter, sugar, flavoring and salt into a bowl and pour the thoroughly cooked cornstarch over it, stirring until the sugar and the butter are dissolved.



LEMON JELLY

Ingredients—2 oranges, 1 lemon, the rind of one orange grated fine, 1 cup sugar, 1 tablespoon gelatine, 2 cups boiling water.

Method—Mix the juices and the fruit gratings with the sugar. Soak 1 tablespoon gelatine in 1 cup of cold water until soft. Stir in 2 cups of boiling water and add the sugar and fruit juices. Stir until the gelatine is dissolved, then pour into a mold to harden.

WHO DOESN'T HATE

to see a woman cry? Nervous troubles cause this weakness and **Lydia E. Pinkham's Vegetable Compound** is a great help to many women.

"SO NERVOUS AND WEAK"

I was not regular at all and had a discharge. My right side pained me so that I could hardly walk and I was so nervous and weak that I shook when I did anything and I would sometimes cry for hours. A friend told me of **Lydia E. Pinkham's Vegetable Compound** and I took several bottles and am still taking it. I also used **Lydia E. Pinkham's Sanative Wash** and it did me a lot of good. I feel so much better that I can do my work fine."

MRS. ARNOLD USEWICK,
383 Maine St., Detroit, Michigan.

CHOCOLATE BREAD PUDDING

Ingredients

2 cups bread crumbs
4 cups of milk (or 2 of water
and 2 of evaporated milk)
2 squares chocolate
 $\frac{2}{3}$ cup sugar
1 salt spoon salt
1 teaspoon vanilla



Method—Soak bread crumbs in milk until soft. Melt the chocolate over hot water and

add the sugar to it. Beat eggs well and add with the remaining ingredients to the crumbs and milk. Mix well and bake in a buttered pudding-dish in a moderate oven, until thick and firm. A **Meringue** (see page 23) of egg white and sugar may be spread over the top about 15 minutes before it is done, or it can be served with cream, hard, or foamy sauce.

Hard Sauce— $\frac{1}{3}$ cup butter, 1 cup powdered sugar, $\frac{1}{3}$ teaspoon lemon extract, $\frac{2}{3}$ teaspoon vanilla. Cream the butter, add sugar gradually, and flavoring.

LACK OF ENERGY

or 'pep' makes a woman feel old while she is yet young in years and general appearance.

"JUST DRAGGED MYSELF AROUND"

"I was completely run down and not able to do my house-work. I just dragged myself around and did not have energy enough to get up when once I sat down. I read advertisements of **Lydia E. Pinkham's Vegetable Compound** in our paper 'The Indiana Daily Times' and learned all about it. I received results from the very first bottle and now I am doing all my own work, even washing and ironing, and I never felt better in my life. I tell all my friends that the change in my health is due to but one thing and that is **Lydia E. Pinkham's Vegetable Compound**. Believe me, I can't praise it enough."

MRS. ELIZABETH REINBOLD,
403 N. Pine St., Indianapolis, Indiana.

CUP CUSTARDS

Ingredients

1 quart milk
4 eggs
4 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
few grains nutmeg

Method—Scald one quart of rich creamy milk. Beat four egg yolks, add sugar and salt and beat until thick like cream. Beat the four egg whites until foamy, not stiff, mix well with the yolks and sugar and add scalded milk. Stand the cups in a shallow pan, stir the foam down, and fill the cups to overflowing or nearly so. Put hot water in the pan and bake in a hot oven, watching them carefully that they do not scorch. Lay buttered paper over if needed. Test with a knife as soon as they begin to puff up and if the blade comes out clean, not milky, they are done.



DO WOMEN READ

our little books which come so regularly to their homes? Indeed they do, and if only one is left at a two-family house we are asked to send another at once. We feel sure that they are read from cover to cover.

"I WAS SO TIRED OUT"

"I always had a backache and felt so weak and run down. When I did a little shopping I had to lie down when I got home, and when I did a little work at home I was so tired out that I would have to go to bed. I heard so much about **Lydia E. Pinkham's Vegetable Compound** and read the little books which they brought around to the house, that I tried it and also used **Lydia E. Pinkham's Sanative Wash**. These are certainly good medicines and I don't want to be without them. I am getting to feel a whole lot better and I feel sure that they will cure me if I only use them long enough."

MRS. LYDIA HAASE,

611 22nd St., Milwaukee, Wisconsin.

SUBSTITUTES

Use jelly tumblers to bake custards in.

Use soldier's long wristers to make gaiters for a baby; just sew an elastic band at the bottom.

Use cold cream jars to keep pepper, allspice, and other spices in, and label with a sticker or a piece of surgeon's plaster.



Instead of the usual dust cap, cut a three-cornered piece of cheese-cloth, hemming the two sides without selvedge and tie around the head with the point at the back of your neck.

To avoid giving out fresh napkins at every meal, write each name on a spring clothes-pin and pin to the napkin. You can name your face towel in this way when camping out.

When cleaning fish use scissors in place of a knife and if it is to be scaled dip it first into boiling water.

DO YOU KEEP ON TAKING

your medicine when you begin to improve, or do you stop taking it, trusting that you are on the road to recovery and no more medicine is needed, even if you have been sick for months and are having your first hours of relief from pains and nervousness?

"NOW I AM IN FINE SHAPE"

"I had backache, headache, pains in my side and nervous spells, was always tired and miserable day after day, and could not even sweep the floor. Some of my friends told me of Lydia E. Pinkham's Vegetable Compound and then I read about it in the 'Rochester Herald'. After taking the first bottle I could feel that I was not so nervous, so I kept on taking it for nearly a year and now I am in fine shape. I can do all my housework and work out of doors too."

MRS. NELLIE KOTVIS,

R. F. D. No 3. Marion, N. Y.

HOUSE-CLEANING HINTS

To clean a painted wall wash it with saleratus water; about one tablespoonful of saleratus to a quart of warm water.

A piece of zinc placed on the glowing coals will clean the chimney of soot.

A little lye put in paste will make wall-paper stick.

To drive a nail into plaster, heat it very hot and the plaster will not break.

To drive nails or screws into hard wood always rub them over with soap and they will go in easily and will not split the wood.

Shellac the inside of all drawers and they will be easy to clean.

When you remove the waste from your carpet-sweeper, carefully cut the lint and hair from the revolving rolls and brushes. Then with a cloth dipped in kerosene rub the bristles and the inside of the box clean, and the oil will prevent the dust from rising when you sweep.

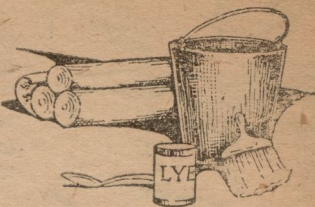
HAVE YOU EVER THOUGHT

of writing to us about what Lydia E. Pinkham's Vegetable Compound has done for you?

"WHAT IT HAS DONE FOR ME AND MINE"

"When I was a young girl I suffered with my back and hips and had every pain and ache and bad feeling that goes with female troubles. My mother told me to try a full course of Lydia E. Pinkham's Vegetable Compound, which I did. Then at the Change of Life I took it after other medicines had failed and I am now healthier than I ever was. I have been the means of putting it into a good many homes although I have never written before to tell you what it has done for me and mine. It is a grand medicine and I appreciate its worth."

MRS. LYDIA E. GRIFFIN,
900 First St., Henderson, Ky.



FIRST AIDS



For a rusty nail accident pour turpentine at once on the afflicted parts.

For burns put on scraped raw potato instantly and change as often as it gets warm, until the pain is relieved.

Olive oil will remove gum from a child's hair as if by magic.

When a child puts a bean in his nose, don't try to dig it out. Put a little cayenne pepper upon his upper lip and he will sneeze it out.

To extract splinters, fill a wide-mouthed bottle almost to the top with very hot water and place the injured part over the mouth of the bottle and press lightly. Suction will draw the flesh down and steam will extract the splinter.

TABLE OF MEASURES

(dry and liquid)

4 salt spoons	1 teaspoonful
3 teaspoonfuls	1 tablespoonful
16 tablespoonfuls	1 cup
2 cups	1 pint

All measures are level. To measure dry materials, take up all a spoon or cup will hold and level it with a knife.

To measure liquids, take up all the spoon or cup will hold.

"AFTER BEING MARRIED SIXTEEN YEARS"

"Seven years ago I took Lydia E. Pinkham's Vegetable Compound and after being married sixteen years became the mother of a sweet little girl. I had longed for children all the while and wept many a day and envied every woman with a child. I was thirty-six years old when my baby was born. I recommend Lydia E. Pinkham's Vegetable Compound to any woman who is ailing with female weakness."

MRS. J. NAUMANN,
1517 Benton St., St. Louis, Mo.

ATTENTION!

AN ATTRACTIVE PRESENT

Will be forwarded you free if you will return this page with answers to the following questions:

Designate your choice by checking one of the following:

TAPE MEASURE

MANICURE SET

LYDIA E. PINKHAM MEDICINE CO.

LYNN, MASS.

QUESTIONS

How many copies of this book were left for you 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?

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

Name

Street Address

Town

FOOD



AND

HEALTH