



Fruits and  
Candies

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.

## FRUITS AND CANDIES

**A**NYONE interested in candy making should read and try out the delicious recipes printed in this little booklet. If the directions are strictly followed good results will surely be obtained.

Every house-wife interested in learning of new, attractive and appetizing ways of preparing fruit will be interested in the suggestions on several of the following pages.

Read the following pages carefully and learn the value of **Lydia E. Pinkham's** remedies. Over 150,000 women would comprise a vast army, yet more than that number have replied to a questionnaire recently sent out by the **Lydia E. Pinkham Medicine Co.** Ninety-eight out of every 100 letters from these women contained positive assurances that they have been benefited or restored to health by taking this old-fashioned root and herb medicine. This is proof positive of the value of **Lydia E. Pinkham's Vegetable Compound.** If you are in poor health, with 98 chances out of 100 that **Lydia E. Pinkham's Vegetable Compound** will help you, why should you continue to go through life in pain and suffering?



## ELOQUENT LANGUAGE

and illustrations in advertising may appeal to many, but after all it is the homely sincere letters from women, overflowing with heartfelt gratitude for health restored by **Lydia E. Pinkham's Vegetable Compound** that convince other suffering women that there is a medicine that will help them also. Many such letters are found in this little book, and it is to any woman's advantage to read them.



## MAPLE FONDANT

Two cups maple sugar, 1 cup white sugar,  $1\frac{1}{2}$  cups boiling water,  $\frac{1}{4}$  teaspoon cream of tartar. Stir ingredients together, heat slowly to boiling point; then boil without stirring until a soft ball will form when dropped into a little cold water. Pour fondant into a shallow pan, and let stand a few minutes to cool, but not long enough to become hard around the edge; stir with a wooden paddle until creamy. It will quickly change from this consistency and begin to lump, when it should be kneaded with the hands until perfectly smooth. Put into a bowl, cover with oiled paper and let stand for 24 hours if possible. It will then be found easier to use. Always make fondant on a clear dry day.

## CHILDLESSNESS

Every young woman like Mrs. Rennes before her marriage dreams dreams and has visions of her ideal home with her husband and healthy, happy children to make her joy complete. But as time goes on her dreams are not realized, she has no children, her life is embittered and it is hard for her to be reconciled to the conditions as they exist. To every young woman who is in this condition the following letter should bring hope and encouragement as we know of numberless homes that have been blessed with children, just as her home was, after all hope had been abandoned.

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"I have used the **Vegetable Compound** and it certainly did wonders for me. I was married four years and had great love for children and was really discouraged because I didn't have any. At this time I had a very troublesome complaint and some one told me to take **Lydia E. Pinkham's Vegetable Compound** and it sure would help me. In a year I had the sweetest little baby girl who weighed  $8\frac{1}{2}$  pounds. She is now three years old and I have a son two years old. So now I believe in the old saying, 'There's a baby in every bottle.' "

MRS. MIKE RENNES,  
318 1st Ave. So., Escanaba, Michigan

## BUTTERCUPS

Cook 2 cups molasses, 2 table-spoons butter, 1 cup brown sugar,  $\frac{1}{2}$  cup boiling water until brittle when tried in cold water. Pour on hot buttered platter; pull when cool enough to handle; shape in a sheet 2 inches wide, cover with a layer of fondant, then with a layer of molasses candy, press together and cut in squares.



## MOLASSES CANDY

Three cups yellow coffee sugar, 1 cup molasses, 1 cup water,  $\frac{1}{2}$  teaspoon cream of tartar, butter size of walnut. Boil together until brittle when tried in water. Then turn quickly out on buttered plates. When cool, pull until white, and cut in squares.

## PAINFUL MONTHLY PERIODS

We have received thousands of letters from grateful women, telling how **Lydia E. Pinkham's Vegetable Compound** has helped them to avoid great pain and distress during menstruation.

"I had pains in my back and left side and lower part of abdomen, always felt tired and had no ambition to do anything. My mother had taken **Lydia E. Pinkham's Vegetable Compound** for years and praised it to the highest and I have a sister-in-law who would almost drop off her feet with cramps. She has taken three bottles of the **Vegetable Compound** and claims she does not suffer any more. I have taken it myself and I now feel like a different woman. I know quite a number of nurses and other friends who are taking it. I am a nurse by profession and recommend it to my patients who are suffering from female disorders."

MRS. ELIZABETH V. ADELBERG,  
541 Lafayette Avenue, Brooklyn, New York

## 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.



## COCOANUT BALLS

Whip the white of an egg stiff, stir in enough confectioner's sugar to make a smooth paste, afterward add sufficient cocoanut to readily roll with the hands. Knead until the cocoanut is thoroughly mixed with the sugar, make into little balls and again roll in cocoanut.

## COCOANUT BARS

To 1 pound or  $2\frac{1}{2}$  cups powdered sugar, use the juice of 1 lemon, white of 1 egg, and make into a smooth ball. Roll into a sheet  $\frac{1}{2}$  inch thick, sprinkle thickly with shredded cocoanut; put one-half upon the other and cut into bars.

## NERVOUSNESS

Disorders of the female organs affect the nerves, causing despondency, fretting, worrying, impatience, restlessness, and excitability. **Lydia E. Pinkham's Vegetable Compound** and **Blood Medicine** in combination are excellent to relieve the nerves from irritation caused by female disorders. They infuse new life and energy into the diseased organs and if the patient, by resting as much as possible, will do her part, will be found most effective.

"I took your medicine at first for weakness, a run-down condition and nerves. I would get up of a morning and start to work and I would feel all worn out and sleepy just like I could not go. Mrs. Hailey of Sabatha told me what **Lydia E. Pinkham's Vegetable Compound** did for her and told me to try it and I did. Now I can't say enough for it. For years I had cramps, sick head-aches, backaches and nervous feelings at certain times and would always bite my fingernails but now I can work at anything and not tire out. I do housework and out-door work of all kinds. I took the **Vegetable Compound** before my baby was born and he is a fine big boy, healthy and strong. I got along fine and did my own work up to the very last and was fine afterwards."

MRS. STEPHEN A. TRYON,  
R. R. No. 2, Box 85, Oneida, Kansas

## BUTTER TAFFY

Boil 2 cups light brown sugar,  $\frac{1}{4}$  cup molasses, 2 tablespoons water, 2 tablespoons lemon juice or vinegar and  $\frac{1}{4}$  teaspoon salt together until the syrup forms a hard ball in cold water. Add 2 tablespoons butter and continue the cooking until the mixture, when tested, becomes brittle. Remove it from the fire, add 1 teaspoon vanilla, and pour the taffy into a buttered pan. When it is nearly cool mark it into squares.



## VINEGAR CANDY

Mix 2 cups sugar,  $\frac{1}{2}$  cup vinegar and 2 tablespoons butter together in a saucepan. Stir the mixture over the fire until the sugar is dissolved, and occasionally afterward. Boil it until it is brittle when tried in cold water.

## BACKACHE

Few women nowadays can keep pace with the demands made upon her time and energy without paying the penalty of ill-health. Many suffer from backache which is often a symptom of organic trouble. It means that nature requires assistance. **Lydia E. Pinkham's Vegetable Compound** comes as a blessing to women at such times, because it brings health and strength. It is a wonderful medicine made from roots and herbs.

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"Some of my friends told me of **Lydia E. Pinkham's Vegetable Compound** and I tried it and it proved satisfactory. I took it for backache when I was all rundown. It also helped me wonderfully before confinement. I could not sleep good nights till I took it and could do only part of my work."

MRS. J. D. RIECKHOFF,  
1620 28th Street, Superior, Wisconsin

## 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.



## PEANUT NOUGAT

Two cups granulated sugar,  $\frac{3}{4}$  cup finely chopped peanuts, warmed in the oven and seasoned with  $\frac{1}{4}$  teaspoon salt. Place sugar in frying pan and stir over fire until sugar is free from lumps, and is melted. Stir in the peanuts and pour at once into a warm buttered pan. Walnuts, almonds or mixed nuts may be used instead of peanuts. Mark in squares while warm.

## PEANUT BRITTLE

Put 1 cup peanuts, chopped fine, into a slightly buttered tin pan and set it on back of stove. Cook 2 cups granulated sugar in an iron frying pan, stirring it constantly that it may not burn. When the sugar is a clear, yellow syrup, pour it over the peanuts. Cut into squares while still warm.

## 'BEGINNING OF THE MENSTRUAL PERIOD

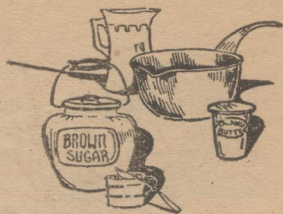
At no age does a young girl need greater care than from the time she reaches the age of 12 years until womanhood is established. Many a woman has suffered years of misery because as a girl she has been allowed to sit around with wet feet, lift heavy articles, overwork and overstudy. If any girl at that time suffers from pain or other disturbances, **Lydia E. Pinkham's Vegetable Compound** should be given. It is a root and herb medicine, contains nothing harmful and may be taken in perfect safety by any school girl.

"My fourteen-year old daughter took **Lydia E. Pinkham's Vegetable Compound** every month for weakness. One of her classmates in school had the same trouble and told her about it. She said 'My mother makes me take **Lydia E. Pinkham's Vegetable Compound.**' So that day she came home and told me and we got some the next day. She took three bottles of it and never has to stay home from school now for sickness. She is strong and well. I am sure if any mother writes to me I will be glad to answer her letter."

MRS. VLIEGHER, Box 61, No. Baltimore, Ohio

## PEANUT BUTTER FUDGE

Cook together 2 cups granulated sugar, 2 tablespoons peanut butter and  $\frac{1}{2}$  cup of milk until it forms a soft ball when dropped into cold water. Add  $\frac{1}{2}$  teaspoon vanilla, cool and beat until creamy. Pour into a buttered pie plate and when nearly cold cut in small squares.



## CHOCOLATE PEANUTS

Shell and blanch 1 quart peanuts, melt  $\frac{1}{2}$  pound sweetened confectioner's chocolate in double boiler below boiling point. Take from stove and beat chocolate till slightly cool. Drop peanuts, a few at a time, into the chocolate and when well coated, remove one by one with fork. Place on papers and leave until chocolate hardens.

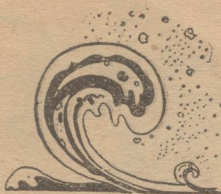
## DELAYED MENSTRUATION

Maturity may occur early, but when delayed beyond the normal limit there is reason to suspect something wrong. In such cases **Lydia E. Pinkham's Vegetable Compound** exercises a corrective influence.

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"I have used **Lydia E. Pinkham's Vegetable Compound** and find it has improved my health wonderfully. For months and months I was not regular and had terrible pains. They used to affect my side so I could not work. I kept a girl at that time. I read of others being helped by the **Vegetable Compound** so thought it might help me. I am very much better now, do my own housework, and have two dear babies to care for besides. I tried other medicines before taking the **Vegetable Compound** but I was never treated for my troubles. I speak highly of the **Vegetable Compound** to my friends and recommend it to any woman for run-down and nervous condition."

MRS. T. H. FULLER,  
Walpole, New Hampshire



### SEA FOAM

Two cups brown sugar, 1 cup cold water, 1 teaspoon of vinegar, white of 1 egg. Cook sugar and water till it forms a soft ball in water; then add vinegar and pour it on the white of egg and beat until when dropped from a teaspoon it will form into shape like a bon-bon.

### CHILDREN'S RAISIN CANDY

One cup powdered sugar, 2 tablespoons cocoa, 2 tablespoons melted butter and enough boiling water to mix stiff. Flavor with  $\frac{1}{2}$  teaspoon vanilla. Take a little of the mixture on the end of a teaspoon and form into a ball, taking 2 raisins to each ball and press together until nearly flat. If white candy is preferred leave out cocoa.

### BEGINNING OF MENSTRUAL PERIOD

When a girl begins to develop into a woman ignorance or mischance may cause many things to interfere with the process. **Lydia E. Pinkham's Vegetable Compound** meets every variety of derangement of the function. It has great power to tone up and strengthen the organs concerned so that they will work in a healthy and normal manner.

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"I know that **Lydia E. Pinkham's Vegetable Compound** will do for others what it has done for me and my girls. It is the best medicine I ever tried for young girls when they take cold and it is good also for weakness. In fact, it does far more than it is recommended to do. I have taken it myself for the Change of Life and for the nerves with good results. It is a God-send to girls and women and I would not be without it."

MRS. J. A. IRVINE, R. R. No. 1, Chase, Michigan

### 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.

## COCOANUT FUDGE

Two cups sugar,  $\frac{2}{3}$  cup milk put into a saucepan and cook over a moderate fire until a little dropped into cold water will form a soft ball.

Remove from fire, add 2 tablespoons butter, cool and add 1 teaspoon vanilla,  $\frac{1}{2}$  cup shredded cocoanut and  $\frac{1}{2}$  cup chopped walnuts. Beat all together until the mixture begins to thicken, then spread upon buttered tin to thickness of  $\frac{1}{2}$  inch.



## COCOANUT MOLASSES CANDY

One cup molasses, 1 teaspoon butter, 2 cups white sugar, cook 20 or 30 minutes, or until it hardens in water, then stir in  $1\frac{1}{2}$  cups of cocoanut and turn into pans. Cut in squares.

## DELAYED MENSTRUATION

If the establishment of the menstrual period does not occur at the usual age, do not delay, but take **Lydia E. Pinkham's Vegetable Compound** four times daily.

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"My daughter was much distressed by terrible cramps and backache at certain times which confined her to bed. She was this way about a year then I advised her to take **Lydia E. Pinkham's Vegetable Compound** as we had seen it advertised. Since then she has been regular and has no more cramps. We recommend the **Vegetable Compound** to other mothers with daughters who have these troubles."

MRS. SETH WILLIAMS,  
R. No. 1, Box 132, Newberg, Oregon

## WOMEN HAVE BEEN HELPED

by **Lydia E. Pinkham's Vegetable Compound** for over 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.



## CREAM CARAMELS

One half cake or 4 ounces unsweetened chocolate, 1 pound powdered sugar, 1 scant cup milk,  $\frac{1}{2}$  cup butter. Boil these together from 5 to 8 minutes or until the mixture scrapes off well from the side of the pan. Take from fire, add 1 teaspoon vanilla and beat hard until it thickens, pour into well greased pan and when nearly cold cut in squares.

## CHOCOLATE CARAMELS

Two cups molasses, 1 cup brown sugar, 1 cup cream or milk,  $\frac{1}{2}$  pound chocolate, butter size of an egg. Boil all together; boil until it thickens in water, turn into large tins, well buttered. When nearly cold, cut into small squares.

## IRREGULAR PERIODS

If the menses are persistently irregular a course of **Lydia E. Pinkham's Vegetable Compound** will usually result in a satisfactory regulation of the period.

"It is hard for mere words to tell the benefit I have got from **Lydia E. Pinkham's Vegetable Compound**. I was in such a run-down condition that I could not eat nor sleep to do me any good and I felt draggy all the time. My head ached, my right side and back would almost kill me at times and I could not be on my feet but a short while at a time. I was irregular and so nervous, irritable and despondent that I thought I could not stand the strain much longer. I had been this way more or less for 10 years but the last two years was just terrible. I took medicines but got little relief until I began to take the **Vegetable Compound**. I took three bottles before I could see any change at all. I have taken seven in all and am improving right along. I can do most of my work now and I live on a farm and there is lots of work to do. I wash, iron, hoe in the garden, and raise chickens and tend to the milk. I have used **Lydia E. Pinkham's Sanative Wash** and taken the **Liver Pills**."

MRS. T. M. BOYER, Gilman City, Missouri

## MARGUERITES

Two eggs, 1 cup brown sugar,  $\frac{1}{2}$  cup flour,  $\frac{1}{4}$  teaspoon baking powder,  $\frac{1}{3}$  teaspoon salt, 1 cup English walnut meats. Beat eggs slightly and add remaining ingredients in the order given. Fill small buttered tins  $\frac{2}{3}$  full of mixture, and place a walnut on each. Bake in a moderate oven 15 minutes.



## WENHAM WOPSIES

Whites of 2 eggs beaten stiff,  $2\frac{1}{2}$  cups cornflakes,  $\frac{1}{2}$  cup cocoanut, 1 scant cup of sugar and a little vanilla. Mix well and bake on heated tins in moderate oven.

## FLOODING

Women, when sufferers from excessive flowing, should be careful to regulate their diet and to avoid red meats, as beef, and other foods which tend to form blood. They should remain absolutely quiet in bed during their periods, and should assist nature meanwhile by systematic treatment with **Lydia E. Pinkham's Vegetable Compound** in Tablet form, taking one tablet every four hours.

"I was in such a condition that I was scarcely able to walk, even to do my housework. I had no energy, was depressed and often wished to die. I had continual flooding with excessive bearing-down pains and pains in the back and despaired of ever recovering my health. I am a chef but was totally unable to do any cooking. A friend recommended **Lydia E. Pinkham's Vegetable Compound** after I had been sick about nine months and I have taken it with success. After the fourth bottle I felt much better and after the tenth bottle I never felt better in my life, as it resulted in a complete recovery. I certainly recommend it to all I hear complaining and you may use this letter as a testimonial."

MRS. MARY SULLIVAN,

923 E. 46th St., Los Angeles, California

Ninety-eight out of every 100 women who have taken **Lydia E. Pinkham's Vegetable Compound** report they have been benefited.



## OLD-FASHIONED HOREHOUND CANDY

$\frac{1}{4}$  square pressed horehound, 1 cup boiling water,  $1\frac{1}{2}$  cups sugar,  $\frac{1}{4}$  teaspoon of cream of tartar. Pour water over horehound and let it stand 1 minute in covered dish, then strain into saucepan with sugar and cream of tartar. Remove sugar from sides of pan as in fondant. Boil about 30 minutes, or until brittle, when dropped into cold water. Do not stir mixture but skim if necessary. Pour into buttered pans. Mark in squares.

## UNCOOKED PEPPERMINTS

One pound powdered sugar, stir larger part with white of 1 egg, 10 drops of oil of peppermint in 2 teaspoons of cold water, stir until stiff enough to roll, then take remainder of sugar to roll out with. Cut out and put on buttered paper.

## CHILDLESSNESS

A large number of women are incapable of childbearing because of some disturbances or impediment in the functions of the generative organs. The success attending the use of **Lydia E. Pinkham's Vegetable Compound** indicates that the causes of sterility may be removed and the maternal instinct gratified.

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"I wish to thank you for the help your medicine has been to my health. I was considerably run-down and had severe backaches and suffered terribly every month. At times I had to stay in bed for days and I ate nothing. In fact I would lose interest in everything and we had almost given up hopes of me becoming strong enough to have children. My friends, my husband and my relatives kept telling me of **Lydia E. Pinkham's Vegetable Compound** so I decided to try it to see if it would help me. My pains have almost entirely disappeared and I feel a great deal better. My friends are remarking how well I look. I am getting so strong now that I hope we will soon be blessed with a dear little baby."

MRS. THOS. O'NEIL, Central St., Highwood, Illinois

## COMPOTE OF FIGS

Soak 1 pound pulled figs in water; then press into shape. Mix  $\frac{1}{4}$  cup sugar and 2 cups water, boil until sirupy, add 4 table-spoons lemon juice. Arrange figs on serving dish; cover with syrup, garnish with cream sweetened with  $\frac{1}{4}$  cup powdered sugar, beaten until stiff, pressed through pastry bag and tube. Do not use canned figs for this recipe. Try to get them as fresh as possible.



## PROSPECTIVE MOTHERS

We earnestly urge every prospective mother to give **Lydia E. Pinkham's Vegetable Compound** a trial. We believe if she will take the **Vegetable Compound** regularly as soon as she finds herself in this condition, and if she will continue its use throughout the entire period, she may avoid complications, prevent an excess of pain and preserve her full health.

"I want to tell you what your medicine has done for me. I am a little woman and not very strong and when I should have been happily looking forward to motherhood I was far from happy, being too weak and nervous to do my work, and my folks made it worse by prophesying dark days ahead. My back ached all the time, I was constipated also, and suffered severe pains in my bowels. All doctors' medicines made me sick and I quit taking them. I had been suffering for three months when my mother gave me one of your booklets which had been left at her door. My husband bought me a bottle of **Lydia E. Pinkham's Vegetable Compound** and some of the **Liver Pills**. In a short time I began improving and the results were so astonishing that people wondered at my lack of suffering at the birth of our first child. Now I have a nice sweet baby boy and enjoy my right to happiness. I write this because I appreciate what your medicine is doing for expectant mothers. I always recommend it as it did so much for me and I will answer letters from women asking about it."

MRS. WALTER S. WARREN,  
Monticello, Illinois



## PINEAPPLE BAVARIAN CREAM

Soak 2 tablespoons granulated gelatine in cold water; dissolve in boiling water. Add 1 can grated pineapple and  $\frac{1}{2}$  cup sugar. Cut and fold in 1 pint of whipped cream. Line a mold with sliced pineapple;

pour in cream mixture. Chill; garnish with beaten cream and six or eight slices of pineapple.

## TUMORS

Tumors usually come at some time in middle life. The symptoms are very much the same whether the growth is in the womb or in the ovaries. Whenever a case has not become almost desperate, the correct course is to try first the **Lydia E. Pinkham Vegetable Compound**. Frequently it causes the tumor to diminish in size and finally disappear.

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"I am a machine operator by trade and am on my feet all the time. Before I began taking **Lydia E. Pinkham's Vegetable Compound** I was unable to work for a certain time each month. I suffered awfully and had to come home. A friend of mine told me of your medicine and now I am fine and in the best of health. You may use my name and I will answer any letters written to me."

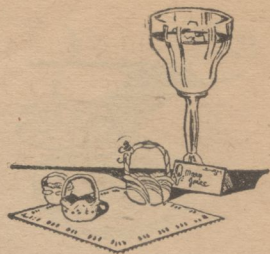
MISS AGNES MORRISSEY,  
119 Wade St., Fall River, Mass.

"The doctor gave me up unless operation for tumor on the womb, — said I could never have children. I read of your medicine, took it and now I have two lovely children. Thank God there is one good medicine for women. You can write this in any book or send it to any town as everyone here knows what I went through until I took the medicine. Lots of other women are taking it after knowing of my misery."

MRS. K. BICKERTON,  
R. F. D. 5, Trenton, New Jersey

## CANDY BASKETS

Take 1 cup sugar,  $\frac{1}{2}$  cup water, a pinch of cream of tartar and stir together. Put on stove and boil (do not stir after it is on stove) until it cracks when dropped into cold water. When it is almost done it becomes very bubbly. Pour it out on a buttered slab and gradually work it into a ball or lump, by folding the edges into the center. When cool enough to handle, add  $\frac{1}{4}$  teaspoon culinary paste color moistened with  $\frac{1}{2}$  teaspoon flavoring extract. Then pull and form into baskets making each a different shape. Butter the hands occasionally while pulling. This quantity will make three small baskets. It is well to keep in mind that these extracts and colors go together. When wintergreen extract is used, color with red paste. When lemon use yellow, when spearmint use green; when nutmeg, green and red mixed, using twice as much green as red; when orange use red and yellow; when cinnamon use heliotrope; sassafras use very little yellow; peppermint none. For a children's party the baskets make a delightful decoration or gift.



## SUPPRESSED MENSTRUATION

Treatment of sudden suppression should be begun by a hot hip bath or foot bath. Sweating, which is highly beneficial in these cases, may be encouraged by the giving of hot lemonade or some other hot drink. **Lydia E. Pinkham's Vegetable Compound** should be given according to directions until a natural flow begins

"I was nervous and weak and not at all regular. I worked in a factory at the time and could not work very much. I was sick over a year, then a friend told me about **Lydia E. Pinkham's Vegetable Compound** and I started to pick up as soon as I began taking it. Then I took it again before my first baby was born and never had a bit of trouble. I recommend it highly."

MRS. JAMES CROSSAN, 612 Pine St., Wilmington, Del.



## FRUITS

The Breakfast Orange: Take sharp paring knife and cut orange peel in 4 sections nearly the whole length of the orange. Leave just enough on the under side to prevent breaking apart. Then pull each section of peel apart from the orange until they stand out like leaves.

When this is done, separate each section of the pulp a little and insert a date. The effect is that of a flower and makes a very attractive breakfast fruit.

## BACKACHE

Backache often develops from congestion and inflammation and from irritation as well as from muscular and nervous conditions. Frequently girls work in mills, offices, factories, stores and kitchens — often far beyond their strength. Frequently such a girl is the only bread winner of the family, and she must toil on, even though her back aches. **Lydia E. Pinkham's Vegetable Compound** builds health and strength for such women, as is proved by the thousands of grateful letters which are received, attesting the value of this old-fashioned root and herb medicine.

"I had terrible pains and backache, so bad that I could hardly move and I would have to lie down at times. I read advertisements of **Lydia E. Pinkham's Vegetable Compound** and I was so sick that I thought I would try it. My husband knew it was good and he knew a woman it had helped. It took all my pains away and I don't have backache now. I do my own housework, take care of a few chickens and my garden and have a little girl three years old to look out for. I recommend the **Vegetable Compound** to my friends and I will answer all the questions I can, if any one writes to me."

MRS. ADA EARL,  
Box 28, Horace, Nebraska

All things succeed which fill a real need; that **Lydia E. Pinkham's Vegetable Compound** is sold in almost every city, town and hamlet in America and in foreign countries as well, proves its merit.

## BANANA CANTELOUPE

Soak 2 tablespoons granulated gelatine in cold water; dissolve in 1 cup scalded cream. Add 1 cup sugar, whites of 3 eggs beaten stiff, 6 mashed bananas and  $\frac{1}{4}$  cup lemon juice. Chill; as it begins to thicken fold in pint of whipped cream. Line a melon mold with lady fingers, add cream mixture, chill, and serve.



## PEACH GÂTEAU

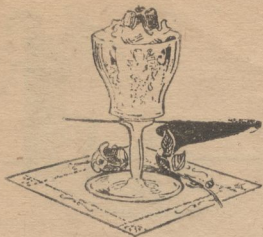
Scoop out center of a round sponge cake; fill with fresh peaches, sweetened and cut in pieces. Cover with sweetened whipped cream put on with a pastry bag and tube. Garnish with small pieces of peaches.

## LEUCORRHOEA

Leucorrhœa is not of itself a disease, but only a sign of symptom of disease or disorder and of all the symptoms of female diseases it is the most common. Almost invariably it means inflammation of the uterus or of the vagina, or both. Every woman in this condition should take **Lydia E. Pinkham's Vegetable Compound**, and use **Lydia E. Pinkham's Sanative Wash** as a vaginal douche.

"I was married seven years and we wanted children badly. I was not in good health and had been treated by doctors without much help. I saw **Lydia E. Pinkham's Vegetable Compound** advertised and decided to try it. It helped me so much that I had four children in the next seven years. I recommend the **Vegetable Compound** to every woman with female weakness. I also used **Lydia E. Pinkham's Sanative Wash**. I now do all the work for five in the family and work outside by the day. I am taking the **Vegetable Compound** for my back during the Change of Life and am very well at present. I hope to see my name published with those other women who have been helped by your medicines."

MRS. A. J. CLAYTON,  
506 Madison St., Syracuse, New York



## DATE WHIP

Cook 1 cup stoned and chopped dates in boiling water until tender; press through a sieve. Beat 3 egg whites until stiff; add  $\frac{1}{3}$  cup sugar, 1 tablespoon lemon juice,  $\frac{1}{2}$  teaspoon salt. Carefully fold in the date pulp, pile lightly on a buttered baking dish, and bake 30 minutes in a moderate oven. Serve with soft custard or whipped cream.

## FALLING OF THE WOMB

Common causes are congestion and inflammation, tumors, injuries incident to childbirth, constipation and lifting of heavy weights. Every effort should be made to prevent constipation or to overcome it if present. Sluggish action of the bowels, with accumulation of waste matter in the rectum, not only favors congestion, but the latter condition is one of the causes of displacement of the uterus. It is important therefore to secure a daily evacuation of the bowels, which should be accomplished without "straining." This can be done by the use of **Lydia E. Pinkham's Liver Pills**. By the use of **Lydia E. Pinkham's Vegetable Compound** congestion is relieved, the muscles and tissues are toned up, and so displacement is corrected.

"I have a little girl three years old and ever since her birth I have suffered with my back as if it were breaking in two and I felt as if something were falling out, all the time. I also had dizzy spells and was sick at my stomach every month. I had read several letters of women in the newspapers and the druggist recommended **Lydia E. Pinkham's Vegetable Compound** to my husband for me. As a result of taking it my back has stopped aching and the awful bearing down feeling is gone. I feel stronger and do all of my housework and tend to my little girl. I have also taken **Lydia E. Pinkham's Liver Pills** for constipation. I have recommended these medicines to some of my friends and you may use this letter as a testimonial if you wish."

MRS. PRICE, 147 W. Summit Ave., St. Paul, Minnesota

## ORANGE DESSERT

Arrange layers of sliced oranges, sprinkle each layer with powdered sugar and shredded cocoanut. Sliced oranges when served alone should not stand long after slicing, as they are apt to become bitter. This may be served as a salad or a dessert.



## MARSHMALLOW DESSERT

Cut  $\frac{1}{2}$  pound each of marshmallows and walnuts in small pieces. Whip  $\frac{1}{2}$  pint cream, sweeten and flavor to taste. Serve in sherbet glasses with a tiny piece of jelly or a maraschino cherry on top.

## CHILDLESSNESS

**Lydia E. Pinkham's Vegetable Compound** tones up the female organs. The circulation if defective, is improved; if congestion exists it is removed, inflammation is allayed, and the whole group of generative organs is prompted to full and normal activity. The general treatment consists in taking a thorough course of **Lydia E. Pinkham's Vegetable Compound** with **Lydia E. Pinkham's Liver Pills** to keep the bowels regular.

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"Just a few lines to thank you for your wonderful medicine. I had pains every month and many bad feelings and I wanted to become a mother but I was very weak. A friend recommended **Lydia E. Pinkham's Vegetable Compound** to me and my husband got me a bottle of it. The first two bottles made me feel well and strong and a year later I had a big, twelve-pound baby, the picture of health. I didn't think of the medicine any more and got run-down. A doctor was going to operate on me but I thought I would first try the **Vegetable Compound** again. I have taken three bottles and am feeling fine. I have also tried the **Sanative Wash** and it has helped me. I am willing to let any one know what your medicines do for women."

MRS. C. OWENS,  
Proctor, Minnesota



## APPLE MERINGUE

Core 8 apples and bake until tender. Make a custard of 3 egg yolks,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  teaspoon salt, 2 cups milk, 1 teaspoon vanilla; pour over baked apples, cover with meringue made of the whites of the eggs and 3 tablespoons powdered sugar.

## BAKED APPLES WITH SAUCE

Wash and core 6 large apples. Fill the centers with sugar and cinnamon. Pour a little water over the apples. Bake in a moderate oven. Make a sauce with  $1\frac{1}{2}$  cups milk,  $\frac{1}{2}$  cup sugar,  $1\frac{1}{2}$  tablespoons cornstarch and 1 egg. Flavor with vanilla. Serve warm.

## PROSPECTIVE MOTHERS

Expectant mothers should be in the best of health and spirits in order that their children may be born under the most favorable conditions. Have the urine examined by a physician during the last month of pregnancy; or before this if there is any unnatural swelling of the feet and limbs, puffiness under the eyes and a diminished quantity of urine. The clothing should be light in weight and hung from the shoulders to avoid dragging the abdomen. Take **Lydia E. Pinkham's Vegetable Compound** regularly.

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"I was weak and run-down and in such a nervous condition that I could hardly do my work. I was tired all the time and dizzy, had no appetite and could not sleep. I tried different medicines for a year but they did not help me. Then my husband saw the ad. for **Lydia E. Pinkham's Vegetable Compound** in the newspapers and had me take it. I regained my strength and never felt better in my life. It completely restored me to health. I had practically no suffering when my baby boy was born and he is very strong and healthy. I know that the **Vegetable Compound** is the best medicine a woman can take before and after child-birth."

MRS. WM. J. LEE,  
Route E, Box 648, Terre Haute, Indiana

## POPCORN BALLS

Pop your corn and sort out all hard kernels. Take the quantity of molasses you require and boil it until it will hair off the end of the spoon. Pour the hot molasses over the corn, mix well, and ball soon as it cools a little. Have hands well buttered.



## CREAM CANDY

Three cups white sugar, 1 of water, 3 tablespoons vinegar. Boil until it hardens in cold water. Pour on buttered plates, and when cool enough pull until white.

## AFTER BABY COMES

**Lydia E. Pinkham's Vegetable Compound** is a splendid tonic to take at this time; it is an excellent restorative, contains no harmful drugs, and can be taken in safety by nursing mothers. Thousands of mothers advise their daughters to take this grand old root and herb medicine for such conditions because of their own favorable experience with it.

"After my last baby was born I was run-down dreadfully, could not be on my feet any length of time and had faint spells and a severe pain in my right side at times so bad that I could not move. I got so run-down I could not take proper care of the house and babies. I had to sit down every few minutes to rest. I was this way at least three months before I took your medicine. My husband read about it in the papers and he spoke about it. That night I was reading the daily news and I came to your ad, and I read it and it was from a lady having the same symptoms I had. So I took three bottles of **Lydia E. Pinkham's Vegetable Compound** and I am fine now. I still keep it in the house and take some every day. I can do my housework now and care for my babies. One is 21 months old and the other is 7 months, so they are a lot of care. You may use this letter as a testimonial if you wish to, as I owe it to you for the wonderful work it did for me."

MRS. J. E. REYNOLDS,  
145 South Park, San Francisco, California



## CANDIED POPCORN

Put into an iron kettle 1 tablespoon butter, 3 tablespoons water, 1 teacup white powdered sugar. Boil until ready to candy, then throw in 3 quarts nicely popped corn. Stir briskly till candy is evenly distributed over corn. Take kettle from fire, stir until it is cooled a little, and you have each grain separate and crystalized with sugar, taking care that corn does not burn. Nuts of any kind may be prepared in same way.

## WOMEN'S OPERATIONS

If there is one thing more than another a woman dreads, it is a surgical operation, and to be told that one is necessary is very disheartening. In some cases an operation may be necessary, but we have received hundreds of letters from grateful women who have been restored to health by **Lydia E. Pinkham's Vegetable Compound** after an operation has been advised by their doctor.

"I want you to know what I think of **Lydia E. Pinkham's Vegetable Compound**. I was doctoring with our family doctor but got no better and he advised an operation. I was all run-down, felt mean and could hardly drag around. I read what other women said about the **Vegetable Compound** in the *Bangor Daily News* and began taking it myself. After the first two bottles I felt better and kept right on taking it. We have a darling boy four months old now and I do all my work for six in the family. I owe it all to your medicine and I tell everybody he is our '**Lydia Pinkham**' boy, as the doctor had said I wouldn't have any more. I took the **Vegetable Compound** right along while carrying him and I never had such an easy time before and he is our fourth child. I always praise your medicine and recommend it to others."

MRS. D. C. POTTER,  
R. F. D. No. 2, Guilford, Maine

## THE BEST ADVERTISED MEDICINE

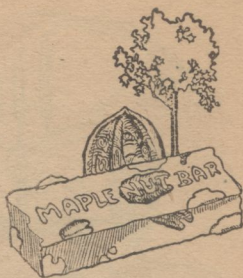
in the world is the medicine which has the most friends. That is **Lydia E. Pinkham's Vegetable Compound**.

## MAPLE NUT BAR

Stir maple fondant over hot water until it is melted. Add 1 cup of any kind of chopped nut meats. Pour the mixture into an oiled pan, let it cool, and cut it into bars with a sharp, broad knife.

## MAPLE SUGAR CANDY

Boil until brittle, 1 cup maple sugar,  $\frac{1}{2}$  cup water, 1 tablespoon butter, pinch of salt, a little flavoring. Pour into greased pan, crease, and cool. One cup nut meats may be added just before pouring into pans.



## FALLING OF THE WOMB

Falling of the womb is brought about by relaxation of the ligaments which in health hold the womb in place. The symptoms are irritation of the bladder and lower bowels, discomfort in walking, painful menstruation, leucorrhoea, a dragging pain in the back and most marked bearing-down pain in the lower part of the body. **Lydia E. Pinkham's Vegetable Compound** should always be taken because of its power to relieve inflammation and give strength and tone to the ligaments which support the womb. **Lydia E. Pinkham's Sanative Wash** also should be used for its cleansing and strengthening effects on the local parts. A sitz bath may be used to great advantage in all cases of displacement.

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"I had awful bearing-down pains, dizzy spells and pains in my left side for eight years and when my mother-in-law induced me to try **Lydia E. Pinkham's Vegetable Compound** I found it the best thing I could have taken. Then I saw your advertisement of **Lydia E. Pinkham's Sanative Wash** in one of your little books and I used that and found that the best thing on the market for a discharge. I recommend these medicines to my friends and you may publish this letter as a testimonial."

MRS. G. NEVILL,  
533 N. American St., Philadelphia, Pennsylvania



## MARSHMALLOW FIGS

Wash pulled figs (allowing 3 figs to a person), let stand over night in water to cover. In the morning cook in same water in double boiler until tender, adding a little candied orange peel if you have any. When done remove from fire, cut a slit in each fig and insert half a marshmallow. Serve in high sherbet glasses, pour over a little of the syrup in which they were cooked, and serve very cold with or without whipped cream.

This is a very delicious dessert or party dish.

## LEUCORRHOEA

The common causes of leucorrhoea are displacements of the womb, suppressed menstruation, anaemia and constipation. **Lydia E. Pinkham's Vegetable Compound**, and fresh air, exercise, rest, and good food, is the proper constitutional treatment for leucorrhoea, and will tend to remove inflammation and congestion, but should be supplemented with local treatment by the use of **Lydia E. Pinkham's Sanative Wash**.

"I was very despondent, blue and sad all the time, which is worse than real pain, and extremely nervous, with no appetite. I was this way for about two years and thought no one cared for me. My mother had had the same trouble and had taken **Lydia E. Pinkham's Vegetable Compound** for it. I tried everything else, then I began to take it. I soon had a better appetite and restored mental condition. I moved to a bright, sunny house, began calling on different people and changed many other things. I also used **Lydia E. Pinkham's Sanative Wash** for whites. With the aid of your medicines I am now a fairly healthy, happy and contented woman. I've used the **Vegetable Compound** at different times and will say it always helps me over the bad spells that come to every woman past 40 years."

MRS. HELEN FINE,  
3143 W. 23d St., Denver, Colorado

## RASPBERRY BLANC-MANGE

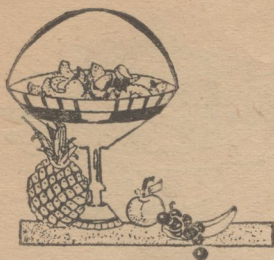
Heat  $1\frac{1}{2}$  cups milk in a double boiler; add  $\frac{1}{2}$  cup sugar. Mix 6 tablespoons corn-starch with  $\frac{1}{2}$  cup milk, add to the scalded milk, stir until it thickens. Cook 10 minutes, add  $\frac{1}{2}$  teaspoon vanilla flavoring extract and  $\frac{1}{4}$  teaspoon salt (the blanc mange may be colored a light pink with cherry-red culinary paste). Put a layer of raspberry jam into the bottom of a glass dish. When cold turn the blanc mange onto it, sprinkle with shredded cocoanut and it is ready to serve.



"After my first baby was born I was not very well. I saw the **Vegetable Compound** advertised and my husband thought I ought to give it a trial. My second child was born within a year and I happened to have a bottle on hand and took it or the baby would have been born at seven months the doctor said. From that time on I kept it on hand to take when I needed it. About five years later I was again in bad health. The doctor told me I would have to be operated on. My trouble affected my entire system and the pains in my side and every month were awful. Shortly after this another child was born and a year later I was worse than ever. Again the doctor told me I must have an operation. I turned to my old stand-by, the **Vegetable Compound**, and it helped me out. Two years later my fourth child was born and I had the 'flu' very bad three times in one year. I was very badly swollen over the abdomen and had pains everywhere. My legs were swollen and every month I thought everything was forcing down. I couldn't be up and had to have help all the time with my work. I was so miserable I wished I could die. But I took the **Vegetable Compound** and I am in better health these last two years than any time since my first child was born. I thank God for **Lydia Pinkham's medicine**."

MRS. EZRA NEFF,

R. D. No. 2, Safe Harbor, Pennsylvania



## ICED FRUITS FOR DESSERTS

Any desirable fruit may be easily iced by dipping first in the beaten white of an egg, then in sugar finely pulverized, and again in egg, and so on until you have the icing of the desired thickness. For this purpose oranges or lemons should be carefully pared, and all the white inner skin removed that is possible, to prevent bitterness; then cut either in thin horizontal slices if lemons, or in quarters if oranges. For cherries, strawberries, currants, etc., choose the largest and finest leaving stems out. Peaches should be pared and cut in halves, and sweet, juicy pears may be treated in the same way. Pineapples should be cut in thin slices, and these again divided into quarters.

## NERVOUSNESS

When dragged down with pain and suffering from female ills, will power alone cannot overcome a nervous despondent condition. There is one tried and true remedy to restore health under such circumstances and that is **Lydia E. Pinkham's Vegetable Compound**. So many thousands of women have been helped by **Lydia E. Pinkham's Vegetable Compound** that almost every woman you meet is enthusiastic in her praise of this remarkable remedy.

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"I saw your advertisement of **Lydia E. Pinkham's Vegetable Compound** in the *Cleveland Press* so I took it and it did wonders for me to build me up when I was weak and nervous, after I had tried many kinds of medicine without seeming to get help. I now am the proud and happy mother of a baby girl and do all my own work. I do think a lot of your medicine and have told others about it. My mother had taken it for years before I did so I knew about it before I began taking it. I would not be without it again."

MRS. SIDNEY JEAVONS,  
6815 Quincy Ave., Cleveland, Ohio

## BARLEY SUGAR

Mix 2 cups white sugar,  $\frac{1}{2}$  cup water, 1 teaspoon lemon juice together in a saucepan. Put the mixture over the fire and boil it without stirring until the syrup begins to turn light yellow, or becomes brittle when dropped into cold water. Pour into a buttered pan, and when it is nearly cool, mark it into squares. This candy is used to cover fruits and nuts, which, when so covered, are called glacé fruits or glacé nuts.



## BROWN SUGAR CANDY

Two pounds brown sugar, 1 cup milk, boil 13 minutes, take from stove and add butter size of egg, 2 teaspoons vanilla, 1 cup chopped walnuts. Beat until stiff.

## BARRENNESS

The inability of woman to bear children is commonly termed barrenness and may result from a number of conditions that are not always clearly discernible. The success that has been met with in treating this condition with **Lydia E. Pinkham's Vegetable Compound** is proof that in a large majority of cases the cause of barrenness may be removed and the maternal instinct gratified.

"Four years ago I began taking your medicine for weakness and run-down condition following the 'flu.' A friend asked me to try it after I had been told I never could raise a family. I am the proud mother of two fine boys now and I took **Lydia E. Pinkham's Vegetable Compound** all the time I was carrying them. We call our boys '**Pinkham**' boys and no one in the neighborhood has any healthier children than ours. I also am well, strong and happy, where I used to be weak and so miserable every month. I do all my work including washing, and I enjoy a romp with our baby boys. We are all pals. I keep a bottle of **Vegetable Compound** in the house all the time and I wish that all women who suffer as I did would give it a fair trial."

MRS. ARTIE MYERS, R. R. No. 4, Avon, Illinois



### COCOANUT CREAM CANDY

One cocoanut,  $1\frac{1}{2}$  pounds granulated sugar. Put sugar and milk of cocoanut together, heat slowly until sugar is melted; then boil 5 minutes; add cocoanut (finely grated), boil 10 minutes longer, stir constantly to keep from burning. Pour on buttered plates, cut in squares. Will take about 2 days to harden. Use prepared cocoanut when other cannot be had.

### COCOANUT TAFFY

One cup sugar, 1 cup molasses,  $1\frac{1}{2}$  cups shredded cocoanut. Cook all together and test in water for right consistency.

### CHANGE OF LIFE

The usual age at which the Change of Life occurs is about 45 years. At this time especial care should be taken to prevent or overcome constipation and for this there is nothing better than **Lydia E. Pinkham's Liver Pills**. If this period is safely passed through the prospect will be good for a long period of sound health. Do not take risks in this important crisis, but get the medicine that has proved valuable to so many women, **Lydia E. Pinkham's Vegetable Compound**.

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"During the Change of Life I had hot flashes, dizzy headaches and was so nervous at times that I would go near crazy. Every little noise upset me. I was this way about two years, then I read your advertisement of **Lydia E. Pinkham's Vegetable Compound**. I got wonderful results from it and feel that I am a new woman. I do the housework for a family of six and am able to get around and work as well as I did at 30. Whenever I hear a woman complain of her health I advise her to try the **Vegetable Compound**."

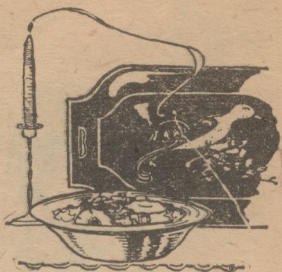
MRS. MARY RACINE,  
616 Jeffery St., Chester, Pennsylvania

### WOMEN OF EVERY AGE

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

## FRUIT CUSTARD

Scald 2 cups milk in double boiler. Mix 4 egg yolks,  $\frac{1}{3}$  cup sugar and  $\frac{1}{4}$  teaspoon salt; add scalded milk to them, return to double boiler, and cook until mixture thickens and is of a smooth and creamy consistency. Strain into a cold dish and flavor when cold. Should the custard begin to curdle, set immediately into a dish of cold water and beat briskly with a wire whisk or egg beater. Arrange slices of fruit in bottom of serving dish, sprinkle with lemon juice, and cover with soft custard.



## INDIGESTION

Women suffering from diseases and ailments peculiar to women almost always have indigestion also. Take the two remedies **Lydia E. Pinkham's Vegetable Compound** and **Lydia E. Pinkham's Blood Medicine** in combination for relief.

"I was all run-down from over-work and worry, had no appetite, could not sleep at night, and looked like a corpse. I have six children (five boys and one girl) and did not get any strength after my last baby was born. I was getting worse and thinner every day. The doctor said I had to go to the hospital but this I could not do on account of my family. So I went to a friend of mine and told her what the doctor told me and she said, 'Now do as I tell you. Try **Lydia E. Pinkham's Vegetable Compound** as I have done. It helped me.' So I started taking the **Vegetable Compound** and I noticed after the first few bottles that I felt considerably better. After taking 9 or 10 bottles I got over my fainting spells. Everybody who sees me now notices the great improvement in my health. I am gaining in weight and strength and am feeling fine. Eat well and sleep good nights. I also feel that if it was not for your medicine I would not be living today. I started taking your medicine about a year ago."

MRS. MARY WILHELMY,  
309 Duke St., St. Paul, Minnesota



## STUFFED DATES

Wash dates thoroughly, dry them and remove stones. Fill the hollow dates with a little peanut butter. Press into shape and roll in confectioner's sugar.

## CREAMED DATES

Two cups sugar,  $\frac{2}{3}$  cups water. Boil without stirring until it will spin a thread; flavor with vanilla. Set off in dish of cold water; when lukewarm stir briskly until white and creamy, then knead and work with hands several minutes. Fill stoned dates and roll in fine granulated sugar.

## CONSTIPATION

To insure good health and happiness, nothing is more important than to keep the bowels open. No day should pass without at least one good movement of the bowels. Hundreds of women say **Lydia E. Pinkham's Liver Pills** are the best laxative they have ever taken.

"I cannot praise **Lydia E. Pinkham's Vegetable Compound** too highly for the good it has done me. I was so much troubled with female weakness I could hardly do any work. I saw your advertisement in the paper and read it to my husband. He said, 'You had better try **Lydia E. Pinkham's Vegetable Compound**' so I bought six bottles, and by taking it I am not troubled as I was. I am gaining strength and getting fleshy. My female troubles have vanished and I have never before felt as well. The **Liver Pills** are the best I ever took. If you think my letter will encourage other sufferers you have my permission to use it as an advertisement."

MRS. SARAH BLAISE,  
Box 177, Keeseville, New York

**Lydia E. Pinkham's Liver Pills.**

Dose — Take three the first night, 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  
CONSTIPATION**

## GRAPEFRUIT

Grapefruit should be cut in halves, the pulp loosened from the skin, and the pith cut out, then chilled; it may be served plain, or sugar sprinkled over it just before chilling and a maraschino cherry on top.



## APPLE SNOW

Pare, core, quarter, and steam 3 large, sour apples. Rub through sieve, cool; whip whites of 3 eggs to very stiff froth with  $\frac{1}{2}$  cup powdered sugar, gradually add apple, and whip long time till white and stiff. Place in dish, garnish with dots currant jelly.

## POOR BLOOD

When a condition like this occurs the body needs help from the outside; that is, it must have a medicine. Without this the food is not assimilated and does little good. The blood grows poorer and poorer, it becomes thin and watery and the person wastes away. To form good rich blood, eat plenty of good nutritious food and take regularly **Lydia E. Pinkham's Blood Medicine** so that by the virtues of the choice roots, barks and herbs from which it is made, the blood may take up the nutriment and furnish it to the wasted and hungry tissues. At the same time observe the laws of health. Let fresh air, sunshine and suitable exercise, with all needed rest, assist in the cure.

"In the Spring-time, along in March and April, I always have such a tired, heavy feeling; can't eat anything, am sleepy, could sit down anywhere and go to sleep. I always take a couple of bottles of **Lydia E. Pinkham's Blood Medicine** at this time. It has saved me many hours of suffering. I learned of it first through a circular in the package of **Vegetable Compound** and took it because I had a sallow complexion and no appetite. I have taken it many times and its results are wonderful. I always keep it in the house."

MRS. LYDIA A. CARSON,  
1501 W. 2d St., Evansville, Indiana

# 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 150,000 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 150,000 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.**

# ATTENTION!

AN ATTRACTIVE AND CONVENIENT

## SEWING CASE

OR

## MANICURE SET

will be sent **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?.....

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

Name.....

Street Address.....

City.....State.....



Health brings Happiness